SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 20

Pretty in punk

Anti-establishment designer Vivienne Westwood tones it down with 1950s-inspired feminine florals at London Fashion Week PAGE 21

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Maegan Sheskey, IKEA spokesperson, says Winnipeg is the first new market for IKEA in Canada in three decades.
TYLER PEACOCK/FOR METRO

IKEA secret out: Opening day is Nov. 28

History. Winnipeg is first new Canadian market for IKEA in three decades

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

It was quite the challenge for Winnipeg's IKEA store manager to keep the Nov. 28 opening date a secret.

Who gave him the worst grilling?

"I'd say family, definitely family," a beaming Stephen Bobko said Wednesday morning at the store's construction site, where the opening date was announced and media were taken on a tour.

"It certainly was a challenge to keep this secret, and certainly our focus really truly has been the hiring for this great store, that has been so intense over the last four weeks, that that's taken priority."

Bobko said they've received 3,000 applications for the 300 positions to be filled by the grand opening on Nov. 28.

The store is currently under construction at the corner of Kenaston Boulevard and Sterling Lyon Parkway, but the final stages are progressing rapidly.

During the media tour, not only were there construction workers everywhere, but also people putting together furniture for the 55 showrooms and two full home displays on the second floor.

The second floor is also where the restaurant, with seating for 650 people, will be located. Breakfast will be served starting at 9:30 a.m.

The main floor will have retail space for smaller items and, for parents to enjoy a child-free shopping experience, a 2,000-square-foot supervised play area called Small Land.

Winnipeg's IKEA store:

- 395,671 sq. ft
- 300 employees
- 1,619 parking spaces
- 800 shopping carts, 600 furniture flatbed carts, 175 stroller carts and 40 cashiers
- 650 people will be able to eat at the restaurant at any given time
- In the first week, they expect to serve 120,000 meatballs and 20,000 hot dogs.

The Kenaston store will also have the largest warehouse in Canada, with 11,000 stock locations for the 9,500 products — everything under one roof.

You mean Windsor?

Toronto Mayor Rob Ford mistakes Winnipeg for being the city across the river from Detroit PAGE 4

Shaking up the family

Latest Canadian census shows nuclear family may be going the way of the dinosaur PAGES 10-11

Moving millions

Dutch DJ Tiësto played before a million people in his last tour and is gearing up to hit the road again PAGE 18

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Meeting major agencies

Katz heads to New York for credit rating discussions

Mayor Sam Katz and a group of senior officials from the City of Winnipeg flew to New York Wednesday to discuss the city's credit rating with two major credit rating agencies.

The group will make presentations to both Moody's and Standard & Poor's.

"Every two or three years I go and meet with our two major bond raters basically to tell them what's going on in our city from an economic point of view," explained Katz before the trip.

"The higher our credit rating the better rate we get on long-term money, so it can save us millions of dollars over a period of time."

Since 2006, Winnipeg has maintained ratings of Aa1 with Moody's and AA with Standard & Poor's. METRO

Spring 2013 target

U of W goes pesticide-free

The University of Winnipeg announced plans on Wednesday to be pesticide-free by the spring of 2013.

"Research taking place at UWinnipeg increasingly suggests that pesticides used on lawns and gardens pose needless risk to people, pets and the environment — including Lake Winnipeg," said Dr. Lloyd Axworthy, U of W president.

The U of W said the elimination of cosmetic pesticides is consistent with a policy in development to protect the health of Manitoba's lakes and improve the quality of life for students. METRO

Kiah. Assiniboine Park Zoo names red panda cub

The people have spoken and the Assiniboine Park Zoo's cutest new arrival has a name.

The red panda cub born this past June has been dubbed Kiah, after the zoo received more than 1,000 votes on what to name the furry little lady.

"It's great to see such a large response from the public and I think Kiah will be very happy with her new name," said Tim Sinclair-Smith, director of zoological operations at the Assiniboine Park Zoo.

The zoo's newest bundle of fur has a name, and it's Kiah. METRO/HANDOUT

The zoo is home to three red pandas, parents Rufus and Rouge and their newly named cub, Kiah. METRO

Power rates. Hydro bills projected to increase more than rate of inflation

The president of Manitoba Hydro says power rates in the province will likely increase by about 3.5 per cent per year in the coming years.

Scott Thomson says while that is higher than the rate on inflation, power rates in Manitoba will remain among the lowest in the country.

Thomson says with new generating stations being built and low prices on the short-term export market, customers must shoulder some of the burden.

Critics have called into question the need for the Crown corporation's planned two new generating stations and a new transmission line. But Thomson says demand is growing, even when export sales are excluded. He also says now is the time to build, in order to lock in record-low interest rates.

Manitoba Hydro is expecting to spend $18 billion on new megaprojects over the next dozen years. THE CANADIAN PRESS

Search for woman's body scaled back

Missing. Police say it's nearly impossible to know where Nepinak's body is at landfill

SHANE GIBSON
shane.gibson@metronews.ca

Police are significantly paring down the scope and size of their search for the body of Tanya Nepinak after investigators were unable to narrow down a place to start looking at the Brady Road Landfill.

Winnipeg police Chief Keith McCaskill announced Wednesday only a handful of officers from the identification unit will spend several days going through a roughly 20-foot-by-20-foot space of the dump after admitting there'd be no chance of finding Nepinak without a good starting point.

A group of aboriginal elders identified the space where police will search after performing a traditional ceremony at the site, and McCaskill said no other areas would be searched.

"The Brady landfill … is the largest landfill of its kind in Western Canada. We're told ... almost half-a-million tons of refuge go there yearly," he said.

"You start looking at the magnitude of what there is and what's in there and know we have no specific place to start — that's the difficulty."

Nepinak was last seen on Sept. 13 last year in Winnipeg's downtown. Suspected serial killer Shawn Cameron Lamb was charged with her homicide in June, despite the fact her body has not been found.

Police believe Nepinak's body was put in a dumpster and then taken to the landfill.

Gail Nepinak, the missing woman's sister, said the family is happy the search is going ahead at all.

"We're happy. We're very happy. I thanked the chief. I'm happy he made the right decision," she said.

The search for Nepinak's body will begin on Oct. 2.

WITH FILES FROM THE CANADIAN PRESS

Cadets look to the future

Winnipeg Police Chief Keith McCaskill and Manitoba Minister of Justice and Attorney General Andrew Swan were in attendance as 27 graduating cadets of the No. 4 and 5 classes received their certificates at the Centennial Concert Hall on Wednesday. TYLER PEACOCK/FOR METRO

1 NEWS

Mobile news

Qriket

Watch three filmmakers journey into hell. Scan the code to see "mind-boggling" footage of a lava-spewing volcano.

Mayoral gaffe. Winnipeg? Windsor? Whatever

If Toronto Mayor Rob Ford needs a refresher in Canadian geography, Winnipeg Mayor Sam Katz is willing to give him a lesson on the location of Manitoba's capital city.

"I've never had the opportunity to meet Mayor Ford. I can assure you next time I will, I will be very definitive in telling him where Winnipeg is and what a great city Winnipeg is," Katz told the Winnipeg Free Press Wednesday.

Ford made the mistake Tuesday while chatting with a tourist who told him she had visited a city in Canada across the river from Detroit.

"Oh Manitoba? You were in Manitoba? Winnipeg?" replied Ford, instead of identifying the city as Windsor, Ont.

Katz suggested the Ford folly came about because both of the cities start with the letter W.

"As far as geography, I can only speak for myself and my children. They do a very good job of teaching that in school. One of the first things we learn is the provinces, the territories, the Great Lakes, the capitals of every city," he said.

In Windsor, Mayor Eddie Francis said he's been fielding a number of calls on the gaffe, but is positive Ford knows Windsor is across the river from Detroit.

"I'm certain that Mayor Ford knows where Windsor is," Francis said Wednesday, but added his interaction with Ford has been brief since he was elected.

"I've had very limited interaction with the mayor of Toronto. I've interacted with other mayors."

That being said, Francis will take the free publicity.

TORSTAR NEWS SERVICE

Pallister sworn in

Leader of the provincial PC Party of Manitoba Brian Pallister grins after being sworn in as an MLA Wednesday at the Manitoba Legislature building.

TYLER PEACOCK/FOR METRO

Life-saving Manitoba terrier put to rest

Top dog. Cute canine became famous after young boy's wish

A Manitoba boy who has life-threatening seizures has had to say goodbye to his specially-trained dog — a friend and companion who saved the youngster's life on many occasions.

"Bingo will go to heaven on a marshmallow cloud that will have a chocolate water slide for dogs," Cole Hein, 11, said in a written statement Wednesday.

"Bingo will ask God if he could help the dogs on Earth more by helping dogs living in pounds, shelters (and) rescue groups get good homes with loving new moms and dads and children, who will love them as much as I love Bingo."

The Jack Russell terrier's health was deteriorating because of canine dementia and she was euthanized Tuesday at age 14.

The dog was trained to bark loudly to alert Cole's parents or others every time he stopped breathing due to a condition similar to sleep apnea.

She had been at Cole's side since 2005.

"I owe Cole's life ... to Bingo saving (him) countless times," said the boy's mother, Mandi Hein.

Cole and the dog made international headlines after a story published in the Winnipeg Free Press detailed the boy's version of a bucket list for his dog. Cole called it a lick-it list and asked people to send Bingo treats from around the world.

The two were featured in People magazine, on NBC and elsewhere. Their touching story prompted interest from animal activist Cesar Millan, who has established a fund in Bingo's name to aid abused and abandoned dogs.

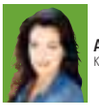
"Although it is a tremendously difficult time for us, Cesar Millan has made everything easier through the support of the Cesar Millan Foundation and by even taking the time to reach out directly to Cole via phone," Mandi Hein said.

Cole will soon have another dog with a special bark. MSAR, a non-government search and rescue organization with a special canine program, trained Bingo and is already working with a dog named Neekan who will be given to the family soon.

THE CANADIAN PRESS

Cole Hein with his best friend, Bingo. The terrier was trained to bark when Cole stopped breathing due to his medical condition. HANDOUT/THE CANADIAN PRESS

HAIRDRESSER GAVE UP FAME FOR FAMILY



ABOVE-AVERAGE JOE
Kerri Salki

Carrie Whitford CONTRIBUTED

Carrie Whitford's love of life is infectious. At 16, she was supposed to run away with her best friend to join the show Fame, but instead she met her husband Dave, her other best friend.

Together for 22 years, they have two "smart and funny" kids, Alexis Rae, 11, and David, 7.

Her 'other' family are her clients at the hair salon that she's been working at for the past 18 years, and her co-worker Carolyn, who is like the sister she never had.

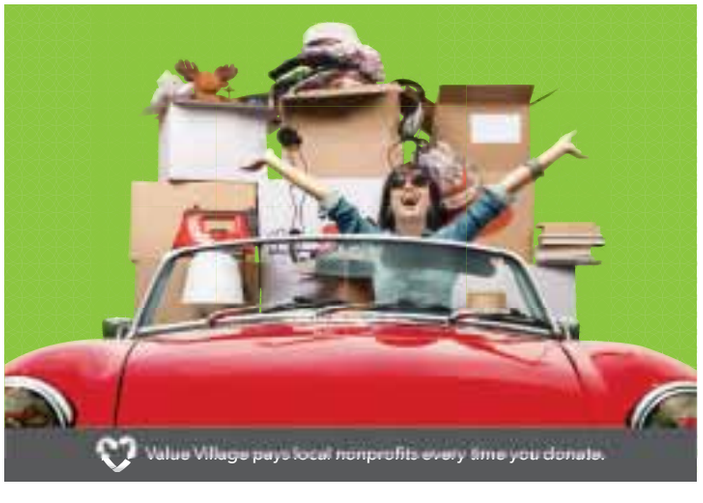
Losing her brother two years ago made her realize that life is short and to not take anything for granted. "Tell the people you love, that you love them! Have no regrets, tell lame jokes, laugh until your stomach hurts, and then occasionally, go dancing at the Spike on Saturday night!," advises Whitford.

She loves lying on the beach, picnics in the park, and her dog, who she swears understands what she's saying.

Born: Winnipeg, 1974
Occupation: Hairdresser at Magic Scissors
Dream job: I'm doing it, I love hairdressing!
Favourite team: The Winnipeg Jets of the '80s! No. 6, Jim Kite and No.10, Dale Hawerchuck
Pet peeve: Confrontation
Last time you cried: Yesterday
Book you are reading: Still Missing by Chevy Stevens
Favourite song right now: Want U Back by Cher Lloyd
Favourite decade: I LOVE the '80s and lived it, still kind of do!
Last movie you saw: Katy Perry: Part of Me
Celebrity crush: Laurie Mustard!
Star Name (pet name + street name): Tuggs Henrietta

Just because they're not famous doesn't mean they're not a somebody. If you know an Above Average Joe that you think needs recognition, e-mail me at kerri.salki@102clearfm.rogers.com.

KERRI IS PART OF THE JOE SHOW WITH KERRI AND BUBBA ON 102.3 CLEARFM



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Seal pups saved by B.C. nature centre's petition

Change of heart. Two six-month-old harp seal pups originally slated for death spared after DFO does 'a 360'

PHOEBE HO
For Metro

Everyone at B.C.'s Island Wildlife Natural Care Centre (IWNCC) let out a collective sigh of relief on Tuesday when the Department of Fisheries and Oceans (DFO) announced they're sparing the lives of two six-month-old harp seal pups.

DFO has "done a 360 — they really have — and I have to tip my hat to them. It's really, really hard for a big bureaucracy to turn on a dime, as you probably know," says Jackie Ballerone, a director at IWNCC. "In two short weeks, they made a really good call here. It was really the 11th-hour, but they did the right thing in the end."

Animal-rights activists from all across the world have been lobbying to save the lives of Zac and Mika, who were placed at the Aquarium des Îles-de-la-Madeleine in Quebec by the DFO, and who were initially slated for death on Sept. 15.

It's a practice that's been going on for 25 years, according to Ballerone. Every year, a pair of seals are captured, put on display and released back into the ocean when tourist season ends. But this year, due to new DFO policy, which argued that the pair posed a threat to other marine mammals, they ordered the aquarium to euthanize them.

The time and location of the release have not been set yet, and Ballerone says she's not sure whether or not it will be a public release.

Quoted

"You don't have to kill an animal and do a necropsy to find out if it's carrying a disease."

Jackie Ballerone, a director at the Wildlife Natural Care Centre

One of two six-month-old harp seal pups scheduled to be euthanized on Sept. 15. The seals were saved at the 11th hour by a public outcry for the animals, including a petition with more than 140,000 signatures.

COURTESY OF ISLAND WILDLIFE NATURAL CARE CENTRE (IWNCC)

Giant bubble bursts into the record books

Participants look on as a giant bubble forms around them as they attempt to break a Guinness World Record at Science World in Vancouver on Wednesday.

JONATHAN HAYWARD/THE CANADIAN PRESS

When Fan Yang gets his hands on soap water and a wand, the result isn't child's play.

This man's bubbles are ones for the record books.

The internationally renowned artist racked up his 18th Guinness World Record Wednesday by encapsulating 181 people in a giant 50-metre-long, four-metre-high soap bubble at Vancouver's Science World.

Screams of excitement followed gasps of astonishment from the volunteers as a giant bubble wall rose up and surrounded the volunteers before bursting in spectacular fashion.

Winning recipe

Fan Yang says bubble solution can be made by mixing dishwasher liquid, baking soda and glycerin with clear water.

The display, guided by Yang's delicate hands at the control of a pulley system and six months of preparation, only lasted a few seconds but was enough to land him yet another triumphant world record.

"It was a huge challenge, I'm very excited," said Yang. "This is such a huge bubble, really once in a lifetime. I had to prepare for six months because it's such a unique system."

Yang, whose family-run Gazillion Bubble Show has been a Broadway mainstay, says his feats evolved from a childhood obsession.

MATT KIELTYKA/METRO IN VANCOUVER

Struggling U.S states push to legalize pot for revenue boost

A catchy pro-marijuana jingle for Colorado voters considering legalizing the drug goes like this: "Jobs for our people. Money for schools. Who could ask for more?"

It's a bit more complicated than that in the three U.S. states — Colorado, Oregon and Washington — that could become the first to legalize marijuana this year.

The debate over how much tax money that could produce is playing an outsize role in campaigns both for and against legalization. Pro-pot campaigners say legalizing marijuana could help struggling states with new taxes on the drug and reduced criminal justice costs. But state government skeptics warn legalization would lead to costly legal battles and expensive new bureaucracies to regulate the drug. THE ASSOCIATED PRESS

Estimates of tax revenue vary widely

- **Colorado.** State analysts project somewhere between $5 million and $22 million a year.
- **Washington.** State analysts have produced the most generous estimate of how much tax revenue legal pot could produce, at nearly $2 billion over five years.
- **Oregon.** Fiscal analysts haven't even guessed at the total revenue, but they have projected prison savings of between $1.4 million and $2.4 million a year.

Duchess of Cambridge

Danish weekly mag publishing topless photos of U.K.'s Kate

The top editor of a Danish celebrity weekly says his magazine will hit the streets this week with the topless photos of Britain's likely future queen.

Kim Henningsen, editor in chief of Se & Hoer, says the pictures of Prince William's wife Kate will appear in a 16-page supplement sold with Thursday's edition.

Henningsen said Wednesday they want to show Denmark's entertainment fans "what these photos are all about."

He says the magazine had been offered 240 pictures but decided only to use 60 to 70 of them. He declined to say who sold them to the weekly or how much money they paid.

The topless photos have already been widely published in France, Italy, Ireland and on the Internet. A French court has banned future publication inside France.

THE ASSOCIATED PRESS

Literature

Ephron books to be reissued

Two of Nora Ephron's early essay collections are coming back into print.

Vintage Books announced Wednesday that Crazy Salad and Scribble, Scribble will be released in a single volume on Oct. 16. Both books, long out of print, will be reissued in paperback and e-books.

The author and filmmaker died in June at age 71. She is known for films such as When Harry Met Sally... and Sleepless in Seattle and for the bestselling book I Feel Bad About My Neck.

THE ASSOCIATED PRESS

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Cheeky Charlie spooks France

Nation on alert. Mag's crude, lewd drawings of Prophet Muhammad force French to step up security at embassies across Muslim world

A feisty French satirical weekly forced France to step up security at its embassies across the Muslim world on Wednesday.

The paper, Charlie Hebdo, brazenly revived a formula it has already used to capture attention: Publishing crude, lewd caricatures of Islam's Prophet Muhammad.

Wednesday's issue sparked concerns that France could face violent protests, like the ones targeting the U.S. over a film produced in California, that have left at least 30 people dead.

The Charlie Hebdo drawings — some depicted Muhammad naked and in demeaning or pornographic poses — were met with a swift rebuke by the French government.

The principle of freedom of expression "must not be infringed," Foreign Minister Laurent Fabius said on French radio.

But he added: "Is it pertinent, intelligent, in this context to pour oil on the fire? The answer is no."

France ordered its embassies, cultural centres, schools and other official sites to close on Friday — the Muslim holy day — in 20 countries.

It also immediately shut down its embassy and the French school in Tunisia, the site of deadly protests at the U.S. Embassy last week.

Riot police took up positions outside the magazine's offices, which were firebombed last year after it released an edition that mocked radical Islam.

THE ASSOCIATED PRESS

Pakistan embroiled in worldwide anti-Islam film protests: A Pakistani lawyer helps a colleague who fell during a scuffle with police at a demonstration in a diplomatic enclave, an area that houses the U.S. Embassy and other foreign missions, in Islamabad on Wednesday. ANJUM NAVEED/THE ASSOCIATED PRESS

Actress sues

First, riots... and now a lawsuit

An actress who appears in the anti-Muslim film that has sparked riots across the world is suing the filmmaker for fraud and slander.

Cindy Lee Garcia's lawsuit also targets Google in a bid to get the movie's trailer removed online.

The lawsuit filed Wednesday in Los Angeles claims the actress was duped by Nakoula Basseley Nakoula, the man behind Innocence of Muslims who has been forced into hiding.

The lawsuit says Garcia responded to an ad and thought she was appearing in an ancient Egyptian adventure film.

"The film is vile and reprehensible," Garcia's attorney, M. Cris Armenta, wrote in the document.

THE ASSOCIATED PRESS

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Soldier thrown away 'like a tissue paper,' panel told

A former soldier says the military failed to keep a close enough eye on a suicidal Afghan vet the day he killed himself.

Kirk Lackie testified Wednesday at the Military Police Complaints Commission inquiry into Cpl. Stuart Langridge's death.

The inquiry was called following complaints from Langridge's family that the investigations into his suicide were botched.

"The truth has not been told," Lackie said at the close of an emotional testimony.

He had met Langridge early in their training and formed a bond that later deepened over their shared struggles with addiction.

Lackie said everyone on the base knew about Langridge's struggles, but dismissed them.

"There's a saying: The army uses you like a tissue paper," Lackie said.

"As soon as they're finished with you, like a tissue paper, they throw you away.

"And Stu was to them a really dirty tissue paper. They threw him away, but they just didn't want to throw him away, they wanted to scoop him under the carpet."

Langridge was found hanging at Canadian Forces Base Edmonton in March 2008.

Later, Lackie began a series of run-ins with the law, including one incident where he barricaded himself inside his home — with two guns, ammunition and explosives — and told police they'd have to take him out with a shot to the head.

He surrendered and pleaded guilty on a number of related charges.

He also pleaded guilty to later incidents involving breaches of his probation and impaired driving.

Lackie was released from the military in 2010.

Over the years, he testified, he tried to tell military personnel what happened the day of Langridge's death but no one ever contacted him. He was finally interviewed last week.

THE CANADIAN PRESS

Quoted

"I want Stu's ma and everybody to know the truth."

Kirk Lackie, testifying in Ottawa on Wednesday.

Veteran Kirk Lackie testifies in Ottawa Wednesday. The Crown opposed his appearance on the stand because of a series of run-ins with the law.

SEAN KILPATRICK/THE CANADIAN PRESS

U.S. pressured to set standards for arsenic in rice

Consumer Reports. FDA released 200 samples of rice products containing inorganic arsenic after a magazine released its own report

Consumer groups are pressuring the U.S. Food and Drug Administration to set federal guidance on allowable levels of arsenic in rice, prompting the agency to consider possible new standards.

So far, FDA officials say they have found no evidence that suggests rice is unsafe to eat. The agency is studying 1,200 samples of grocery-store rice products — short- and long-grain rice, cereals, drinks and even rice cakes — to measure arsenic levels.

Arsenic is naturally present in water, air, food and soil in two forms: organic and inorganic. According to the FDA, organic arsenic passes through the body quickly and is essentially harmless. Inorganic arsenic — the type found in some pesticides and insecticides — can be toxic and may pose a cancer risk if consumed at high levels or over a long period.

Rice near Alicia, Ark. THE ASSOCIATED PRESS

The agency on Wednesday released 200 of the expected 1,200 samples after the magazine Consumer Reports released its own study and called for federal standards for arsenic in rice. The FDA will not complete its study until the end of the year, FDA commissioner Margaret Hamburg said.

"Our advice right now is that consumers should continue to eat a balanced diet that includes a wide variety of grains — not only for good nutrition but also to minimize any potential consequences from consuming any one particular food," she said.

The FDA's analysis showed average levels of 3.5 to 6.7 micrograms of inorganic arsenic per serving, while Consumer Reports found levels up to 8.7 micrograms. Consumer Reports tested 223 samples, 23 more than the FDA. THE ASSOCIATED PRESS

Olympians honoured on Parliament Hill

Prime Minister Stephen Harper presents Olympic kayaker Adam van Koeverden with the Diamond Jubilee medal during a ceremony in the Senate on Parliament Hill in Ottawa on Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

The Satanic Verses

Rushdie dismisses new death threat

Salman Rushdie is dismissing the latest threat against his life as just talk. In 1989, Iran's Ayatollah Ruhollah Khomeini declared a Rushdie novel blasphemous and called for his death. Ayatollah Hassan Saneii recently raised the bounty to $3.3 million. THE ASSOCIATED PRESS

Computer hacking

Former Toyota worker charged

A computer programmer from central Kentucky who once did contract work for Toyota has been charged with hacking into and damaging computers used by the automobile maker. The FBI charged Ibrahimshah Shahulhameed of Georgetown, Ky. THE ASSOCIATED PRESS

Border breach?

Palestinians arrested in B.C.

Canada Border Services officials are travelling to Kamloops, B.C., to speak to four people after a possible security breach at the Canada-U.S. border south of Vancouver. Kamloops RCMP say two Palestinian men were arrested there Tuesday evening. THE CANADIAN PRESS

Protesters show rage over prison abuse video

Culprits to be punished. Video showing prisoners being raped with police truncheons and broom handles spark street protests

Videos showing the abuse of prisoners in Georgia have sparked street protests and an exchange of harsh accusations between the government and the opposition ahead of parliamentary elections.

Hundreds of protesters blocked traffic in the centre of the capital, Tbilisi, in the overnight hours after two television stations aired graphic videos Tuesday of guards abusing prisoners, including the footage in which prisoners are raped with police truncheons and broom handles.

President Mikhail Saakashvili, whose party is facing a tough opposition challenge in the Oct. 1 parliamentary elections, quickly pledged to punish all the culprits and completely reshuffle prison personnel.

A cabinet minister in charge of the country's penitentiary system stepped down, and prosecutors said they arrested 12 prison officials in the case.

The president discussed the incident with government officials, saying that hundreds of prison guards in all Georgian prisons would be temporarily suspended pending an official probe and immediately replaced by police.

He said the nation's penitentiaries have suffered a "systemic failure."

Officials blamed Saakashvili's foes for the videos.

THE ASSOCIATED PRESS

High-level outrage

"Everyone who has masterminded it, everyone who has perpetrated it, everyone who has done it and allowed it to happen deserves the strictest — I repeat, the strictest — punishment."

Mikhail Saakashvili, president of Georgia

Space shuttle Endeavour heads for retirement in L.A.

Joey Morrison adjusts his space helmet after watching the shuttle aircraft carrier, a modified 747, with space shuttle Endeavour atop, land Wednesday in Houston. Endeavour is off to the California Science Center in Los Angeles, where it will be permanently displayed. DAVID J. PHILLIP/THE ASSOCIATED PRESS

Romanian bear attacks

Two men killed, others injured in separate attacks

A man was killed by a bear in the woods outside a Romanian village, the second fatal bear attack in the area. A rescue official said the latest victim, a man, 64, was found dead on Wednesday, 100 km northwest of Bucharest. A man, 71, was found dead Saturday, and two people were injured after being attacked the same day.

THE ASSOCIATED PRESS

L.A. murder trial

Chef boiled his dead wife's body for four days

A chef on trial for his wife's murder told sheriff's investigators that they couldn't find his wife's body because he had cooked it for four days in boiling water until little was left but her skull. Los Angeles Superior Court jurors on Tuesday heard David Viens make the statements in a taped interview. THE ASSOCIATED PRESS

Anti-Semitic attack

Bomb explodes at kosher grocery in Paris suburb

A small package bomb exploded inside a kosher grocery store in a Paris suburb Wednesday, wounding at least one person, according to an agency that tracks anti-Semitic attacks in France. The reason for the attack was unclear, but it rattled nerves amid global tensions surrounding a U.S.-produced film insulting to Islam. THE ASSOCIATED PRESS

Buckingham, Quebec

Man charged in gas theft and fire

A lighter is not a good substitute for a flashlight when dealing with gasoline

Gatineau police arrested Pierre-Luc Bastien-Thériault, 20, on charges of arson, mischief over $5,000 and theft under $5,000 in connection with a nearly fatal Aug. 27 blaze that destroyed four cars and damaged two others at a car dealership in Buckingham, Que.

METRO IN OTTAWA

RBC Royal Bank

Trim debt. Increase smiles.

If you have extra money to put against existing debt, which should you pay off first?
Tip: Prioritizing debt is the secret to trimming down debt.

1) $5,000 at 10% interest
2) $15,000 at 4% interest
3) $10,000 at 6% interest

Get started today at rbc.com/smile

Or scan here using your mobile device to learn more.

Advice you can bank on™

The correct answer is #1. While there is a tendency to pay off the largest balance, the higher the interest rate on the loan, the more it's costing you to carry it.

Please note that the above scenario should in no way be construed as direct financial advice. Our intent is to provide tips and examples which are based on assumptions. The true cost of borrowing will depend on how much you borrow, how long you borrow for, and your interest rate. Because the cost is a combination of factors, a low interest rate over a long term can actually end up costing more than a higher interest rate over a short term. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Mirjana Markovic, wife of former Yugoslav president Slobodan Milosevic, arrives to visit Milosevic in prison in Belgrade, Serbia, in 2001. Milosevic died in 2006 while on trial at a UN war crimes tribunal. DARKO VOJINOVIC/THE ASSOCIATE PRESS FILE

Milosevic's widow, son welcome to return, Serbia says

Exiles. Autocrat's family, who took refuge in Russia, encouraged to come home now that his party is back in power

Slobodan Milosevic's widow and son should return from their exile in Russia now that the late autocrat's allies have returned to power in the Balkan country, a senior Serbian official said Wednesday.

Milosevic's widow, Mirjana Markovic, and son Marko Milosevic fled to Russia after Serbia's wartime leader was ousted in 2000. They have been granted refugee status there, despite warrants for their arrest issued by the former pro-Western Serbian government, which was defeated by nationalists in elections in May.

Both Markovic — who was an influential leftist official during Milosevic's reign — and Marko Milosevic are still officially wanted by Belgrade for alleged cigarette smuggling worth millions of dollars during international sanctions imposed on Serbia during the '90s.

Although he did not say whether the charges will be dropped, Serbia's government minister Milutin Mrkonjic said he hoped they would "finally" return.

"I hope we'll now finally finish that job," Mrkonjic, of Milosevic-founded Socialist Party, told Belgrade's B-92 radio. "They believe they are not responsible on the charges they have faced in Serbia."

The Kremlin is a close ally of the ruling Serb nationalists.

THE ASSOCIATED PRESS

British Columbia

Mexican charged in $1M ecstasy bust

Langley, B.C., RCMP have seized an estimated $1 million in ecstasy from a man who tried to jump the Canada/U.S. border. Around 9 p.m. Tuesday, Mounties found a 30-year-old man hiding in a ditch on the Canadian side of the border. The suspect was arrested after a brief chase and 20 kilograms of MDMA was found in two duffle bags nearby. Samuel Lopez-Rios of Mexico is now in custody facing various drug-trafficking and possession charges and returns to court on September 27.

THE CANADIAN PRESS

Neo-Nazis. New German database links all info on right-wing extremists

German authorities have launched a new database that links intelligence gathered by three dozen agencies as part of an effort to prevent a repeat of failures that allowed a murderous group of neo-Nazis to operate for years without being caught.

Interior Minister Hans-Peter Friedrich said Wednesday the database brings together information from federal police, domestic and military intelligence, and details from each of the 16 state intelligence agencies.

Security services have faced scathing criticism for not catching the National Socialist Underground as its three members allegedly killed 10 people from 2000 to 2007 — even though all were being sought during the time for other crimes. They were only discovered in November when two members were found dead in a murder-suicide after a botched bank robbery.

THE ASSOCIATED PRESS

Murdered

10

Number of people allegedly killed by three extremists from 2000 to 2007.

Families

9.4M

Canada was home to 9,389,700 "census families" — married or common-law couples, or single parents — in 2011, 5.5 per cent more than in 2006.

Common-law couples

16.7%

For the first time, there were more common-law couples in Canada — 16.7 per cent of all census families — than single-parent families, at 16.3 per cent.

Same-sex couples

42.4%

Same-sex marriage nearly tripled as same-sex couples grew by 42.4 per cent. Same-sex common-law couples grew 15 per cent, compared with 13.8 per cent for opposite-sex common-law couples.

Single parents

8%

Single fathers grew by 16.2 per cent, compared with six per cent for single mothers, as lone-parent families grew eight per cent since 2006. Single mothers still constitute 80 per cent of single-parent families.

Stepfamilies

12.6%

Stepfamilies, counted for the first time in 2011, composed 12.6 per cent of Canada's 3.7 million couples with children. Nearly 60 per cent were "simple" stepfamilies: families in which the children are the biological or adopted offspring of only one parent.

Foster children

29.5K

The census counted 29,590 foster children aged 14 and under living in private households.

Empty nesters

44.5%

The number of couples without children at home (44.5 per cent) continued to outpace those couples with kids living at home (39.2 per cent).

Exclusively online

- Find out where Canada's highest proportions of single women and men are, the city with the largest number of same-sex marriages and more about your area on our interactive map at metronews.ca

From same-sex couples and single dads to foster kids and empty nesters, the "new normal" of the Canadian family is as diverse as the country itself, Statistics Canada reports. THE CANADIAN PRESS/TORSTAR NEWS SERVICE

GROUNDSHIFT FOR THE

2011 census. There's no such thing as a 'typical' Canadian family, a new report from Statistics Canada shows

The nuclear family is no longer the norm in Canada.

The mom-pop-and-three-kids-under-one-roof model that typified Canadian households 50 years ago has morphed into a complex and diverse web of family ties involving living alone, remarriage, stepchildren, empty nesters and several generations sharing a home.

Statistics Canada has released the third tranche of new data from its 2011 census, this time portraying the changes in Canadian families and living arrangements over five decades.

Married couples are in a long-term decline, the number of single parents has risen and the size of families has shrunk. In 1961, the average family was 3.9 people, when the baby boom was in full swing. Now it's 2.9.

"We do see more complexity and definitely more diversity in families," Statistics Canada demographer Anne Milan said.

For the first time, Statistics Canada says there are more people living alone in Canada than there are couples with children. One-person households now make up 27.6 per cent of all homes, a three-fold increase since 1961.

Meanwhile, couples with children have continued their decline, down to 26.5 per cent of all households, from 28.5 per cent in 2006.

Just 10 years ago, couples with children under 24 years old made up 43.6 per cent of all families (not including one-person households), by far the most typical kind of family.

Now, parents with children make up just 39.2 per cent of families, and a rising proportion of those parents are not officially married.

For the first time, Statistics Canada zeroed in on children living in foster homes and blended families. In a national count of foster children, the agency revealed there were 29,590 of them under the age of 14 in 2011. A measure of the number of stepfamilies showed that one in 10 children now lives in some sort of blended family.

In 2011, the most typical family was a couple with no children, continuing a pattern spotted in 2006. Statistics Canada found that 44.5 per cent of families have no kids at home, partly reflecting the aging of the baby-boomer bulge, the leading edge of which has started turning 65.

"The modern family is changing, and I think it's a wonderful thing," said Shannon Kennedy, an Ottawa-based wedding planner who finds herself on the front lines of fluctuating living arrangements on a daily basis.

"The rules of a nuclear family just don't apply any more."

The wide variety of family ties is throwing Kennedy for a loop. Emily Post, the guru of etiquette for most of the 20th century, is no longer of much help, she said.

"You don't necessarily have two families. In some cases, you have four families coming together at a wedding.

"Any scenario where you get more than one mom involved, you have to kind of juggle that," she said with a chuckle.

"The best thing about modern weddings is, there are no rules."

THE CANADIAN PRESS

FAMILY

FAMILIES BY PROVINCE

	CENSUS FAMILIES	% MARRIED	% COMMON LAW	% LONE PARENT	AVG. # KIDS AT HOME	% PEOPLE LIVING ALONE
CANADA	9,389,700	67.3	16.7	16.3	1.8	27.6
N.L.	159,385	71.7	12.9	15.3	1.6	22.2
P.E.I.	40,850	72.7	11.2	16.1	1.7	25.1
N.S.	270,065	68.4	14.2	17.4	1.7	27.9
N.B.	224,560	67.9	14.9	17.1	1.6	26.0
QUE.	2,203,630	63.8	21.4	14.8	1.7	32.2
ONT.	3,612,205	72.1	10.9	16.1	1.8	25.2
MAN.	327,875	71.2	13.8	15.1	1.9	28.2
SASK.	285,370	71.1	12.5	16.4	1.9	27.9
ALTA.	999,530	72.8	13.6	13.5	1.8	24.7
B.C.	1,238,155	71.7	13.1	15.2	1.7	28.3
YUKON	9,330	68.4	20.1	11.4	1.7	30.7
N.W.T.	10,010	68.6	20.1	11.3	1.9	23.6
NUNAVUT	7,780	58.1	33.7	8.3	2.3	18.2

New census data from Statistics Canada prove there is no such thing as a "generic" Canadian family. The numbers have significant implications for policy makers and social scientists who design programs for foster children, stepkids, single mothers and fathers, senior citizens living alone, "boomerang kids" living with their parents and all the other variations of modern family life. THE CANADIAN PRESS

Adulthood, interrupted: 'Boomerang kids' are an ongoing trend: Census

It's the home-game grudge match of the 21st century: The baby boomers versus the boomerang kids. And the kids, it seems, are winning.

Canada's nests aren't quite as empty as they were thought to be, data from the 2011 census shows. Some 42.3 per cent of young adults aged 20 to 29 are living with their parents, down slightly from 42.5 per cent in 2006, but still well above the level of 26.9 per cent in 1981.

Christina Newberry was one of them — twice. First, when she was 21, newly graduated from university and trying to find her way in the world. Then again, eight years later, she went back to get her bearings in the midst of a divorce.

"My parents' house became a place to sort of take a chance to regroup and figure out what was next," said Newberry, a Vancouver-based author and freelance writer. "It wasn't even a financial issue, because by then I had a good job and could take care of my own bills. It was more just needing to figure out what to do next."

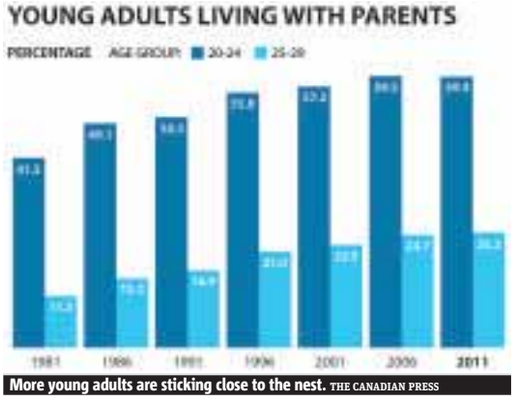
While many young adults in their early 20s stay at home while in college or university — mainly due to a lack of money — those closer to 30 who opt to return tend to do so after a traumatic moment in their lives, such as the breakup of a relationship or the loss of a job, Newberry said. They usually stay just long enough to get back on their feet.

Social attitudes toward young adults living with their parents are changing dramatically, said Rod Beaujot, a demography professor at the University of Western Ontario in London, Ont.

"There's the greater acceptability of living with parents when you're older — on the part of the parents, on the part of young people," Beaujot said.

"In the past, living at home was quite constraining on children, because they had to live under their parents' supervision. I think parents are much more open to children having their own life, including, of course, their own love lives, even if they're living at home."

THE CANADIAN PRESS



More young adults are sticking close to the nest. THE CANADIAN PRESS

Full house

The "failure-to-launch" phenomenon is alive and well in Canada, the 2011 census suggests.

- The census found 25.2 per cent of young adults between the ages of 25 and 29 living at home in 2011, up slightly from 24.7 per cent in 2006 — and more than twice the percentage in 1981.
- The number of young adults between the ages of 20 and 24 who lived with their parents remained virtually unchanged from the last census — down to 59.3 per cent in 2011 from 59.5 per cent in 2006.
- Young men are more likely than young women to live at home, Statistics Canada said. One possible reason, the agency suggested, could be because women tend to get into relationships earlier than men, so they move out sooner to start their own households.

Same-sex marriage. More gay couples exchanging wedding vows

Seven years after Ottawa gave its blessing to same-sex marriage, it's clear Canada's gay and lesbian couples have been seizing the wedding day.

Same-sex marriage nearly tripled between 2006 and 2011, while the number of same-sex couples jumped 42.4 per cent during the same five-year period, Statistics Canada says.

The agency counted 21,015 married gay and lesbian couples and another 43,560 in common-law relationships. The number is a sizable jump from the 2006 census, which counted same-sex couples for the first time and enumerated 45,350 of them — 7,465 married and 37,885 common-law.

Wider societal acceptance has likely played a role in the rising numbers, said demographer Rod Beaujot of the University of Western Ontario in London, Ont.

"It's become more acceptable for people to declare their relationships, including on the census," Beaujot said.

THE CANADIAN PRESS

Data glitch

Oops — just friends

An unexpectedly high number of same-sex marriages in places like the oilpatch left census-takers scratching their heads — until they realized many of the "couples" were only splitting the rent.

As a result, Statistics Canada said Wednesday, the agency may have overestimated by as many as 4,500 the number of same-sex married couples in parts of the country.

The agency held back some census data on gay and lesbian married couples when they realized they couldn't be certain if some people were married or just roommates.

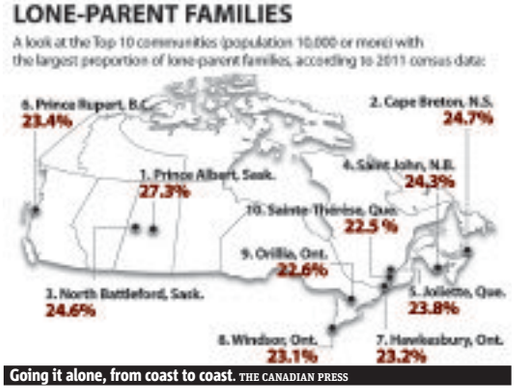
THE CANADIAN PRESS

Flying solo. Lone-parent families on rise, with more dads raising kids alone

More Canadians than ever — many of them fathers — are confronting the plight of the single parent in an age of economic uncertainty, the new census suggests.

The number of single parents jumped eight per cent between 2006 and 2011, including a 16 per cent spike in the number of single dads. Single mothers, who still constitute about 80 per cent of all single-parent families in Canada, rose by six per cent.

Lone-parent families represented 16.3 per cent of all census families in 2011, nearly twice the percentage 50 years ago. In 1961, roughly two-thirds of lone parents were widowed, and the rest were divorced or separated, with a small percentage never having been married. Now, half are either divorced or separated. THE CANADIAN PRESS


LONE-PARENT FAMILIES
A look at the Top 10 communities (population 10,000 or more) with the largest proportion of lone-parent families, according to 2011 census data:
6. Prince Rupert, B.C. 23.4%
2. Cape Breton, N.S. 24.7%
1. Prince Albert, Sask. 27.3%
4. Saint John, N.B. 24.3%
10. Sainte-Thérèse, Que. 22.5 %
9. Orillia, Ont. 22.6%
1. North Battleford, Sask. 24.6%
1. Joliette, Que. 23.8%
8. Windsor, Ont. 23.1%
7. Hawkesbury, Ont. 23.2%

Going it alone, from coast to coast. THE CANADIAN PRESS

Black-market bonanza: Canadians dodge sales tax where they can

No guilty feelings. New survey finds that only 30 per cent think it's wrong to avoid tax by paying in cash

The vast majority of Canadians pay taxes each year, but a new survey suggests they are prepared to cheat at the margins if they think they can get away with it.

The survey for H&R Block Canada found 55 per cent of respondents saying that when dealing with a contractor, they would opt to pay cash to avoid sales taxes.

And they are not feeling overly guilty about it either. Only 30 per cent said they thought the avoidance wrong. Among young Canadians aged 18-34, only 17 per cent said it was wrong to avoid paying the sales tax.

The findings don't seem to be related specifically to sales taxes, which range from a low of five per cent in Alberta to a high of 15.5 per cent in Prince Edward Island.

A majority of Canadians believe they shouldn't have to declare bartered transactions, nor do they feel workers in the service industry like waiters and bartenders should need to declare tips as income.

"I think it boils down to people feeling they pay enough tax, that they shouldn't have to pay anymore," said Cleo Hamel, a senior tax analyst with H&R Block.

Another factor may have to do with the recent introduction of the HST combining federal and provincial sales taxes in Ontario and Quebec, which increased the number of services subject to higher combined tax rates.

But Hamel said Canadians should be wary of cheating the tax man. If caught, they are liable not just for the tax, but also penalties that can double the amount owing. The government also has the option of prosecuting tax cheats.

The online survey of 1,500 adult Canadians was conducted by Leger Marketing over three days between July 30 and Aug. 1.

THE CANADIAN PRESS

Underground economy

Statistics Canada estimated the underground economy amounted to about $36 billion in 2008.

- The agency said underground activities were most prevalent in the construction industry, retail trade and accommodation and food services.
- The good news is that as a percentage of the economy, the agency said, evidence suggests underground activities declined from 2.7 per cent of gross domestic product in 1992 to 2.2 per cent in 2008.

Swiped! Groupon launches card-reader attachment

Groupon launched a new payment service Wednesday that allows businesses to run credit cards using an iPhone or iPod Touch, thus becoming the latest company to seek a portion of that growing market. It will go up against EBay Inc.'s PayPal unit and Twitter co-founder Jack Dorsey's Square, which also allow merchants to swipe credit cards on their phones using a small card-reader attachment. GROUPON

South Africa

Wage agreement ends deadly mining strike

Lonmin Platinum's 28,000 miners celebrated a wage deal Wednesday that ended a deadly strike in South Africa. At Marikana, the location of the protracted strike, thousands gathered and sang the national anthem in piercing heat. Many workers said they were happy to return to work Thursday, and glad that the strike that saw 45 people killed has finally come to an end.

THE ASSOCIATED PRESS

Forbes 400 list

Gates is still richest American

Microsoft Corp. co-founder Bill Gates remains the richest man by far on the Forbes 400 list for the 19th year running, with a net worth of $66 billion US.

Social media moguls took the biggest hit. Zynga Inc.'s Mark Pincus and Groupon Inc.'s Eric Lefkofsky dropped off the list entirely, and Facebook's Mark Zuckerberg was the biggest dollar loser in Forbes' latest ranking of the 400 wealthiest Americans.

THE ASSOCIATED PRESS

Air Canada close to releasing low-cost-carrier details

Air Canada says it is a couple of weeks away from announcing details for a separate low-cost airline that will serve transatlantic and leisure routes in the Caribbean and the United States.

Michael Rousseau, the airline's chief financial officer, told a CIBC investment conference on Wednesday that the carrier will be wholly owned by Air Canada, but carry a different name.

"It is a very exciting initiative, not just for Air Canada, but our employees as well because it does provide growth opportunities for us," he said.

About half of the incremental profits from the low-cost carrier will be derived from cramming more seats into a fleet of 20 Boeing 767s and 30 Airbus A319s. The rest comes from lower employee wages and more flexible work rules.

The wide-body planes, for example, will be fitted with 20 per cent more seats, raising the number of passengers to 275 per aircraft.

The new business model will open the low-cost carrier to new routes in Europe that currently aren't cost-competitive for Air Canada, and allow it to be more competitive on Caribbean and some U.S. destinations.

"The majority of the transatlantic routes will be in fact growth routes for us that we think we can make adequate if not very strong returns," Rousseau said.

Its approach to the leisure market is more defensive, he added, with some routes switching to the low-cost carrier to improve margins.

Rousseau warned that the new low-cost carrier will be launched in 2013, but won't have a material impact on Air Canada's results until it ramps up to the full fleet of 50 planes.

Meanwhile, he says Air Canada is working on several other initiatives to build its profits after completing gruelling labour negotiations that lasted longer than it had anticipated.

Rousseau downplayed suggestions of lingering friction between the company and unionized employees following the labour disputes. He said there wasn't any increase in pilots booking off sick days after the arbitrator ruled in favour of the airline.

THE CANADIAN PRESS

Quoted

"We don't have a difficult relationship with the vast majority of our employees."

Michael Rousseau, Air Canada's chief financial officer, blaming the media for portraying lingering friction between the company and unionized employees

Market Minute

DOLLAR 102.62¢ (+0.01¢)

TSX 12,436.16 (+13.45)

OIL $91.98 US (-$3.31)

GOLD $1,771.70 US (+$0.50)

Natural gas: $2.762 US (- 1¢)
Dow Jones: 13,577.96 (+13.32)

U.S. economy. It's not time to take austerity measures, Goldman Sachs CEO says

Austerity measures are not the best path right now for the United States, the head of U.S. financial giant Goldman Sachs Group Inc. said Wednesday.

"You can't austere yourself into a higher GDP," Goldman Sachs chairman and CEO Lloyd Blankfein told a business crowd in Toronto.

"I'm all for implementing budget changes that accelerate over the long term, but in the short term I wouldn't take too much money away from people or cut back on a lot of expenditure programs."

It's also not the time for another stimulus package, he said, but the key for success in the near term will be a balance: holding off on austerity measures while not taking away "the punch bowl."

He said the U.S. is approaching a "fiscal cliff" if warring politicians in Washington don't get together this fall to extend programs and tax cuts that have helped keep the economy out of recession.

THE CANADIAN PRESS

Boob-tube bling. Sony launches $25K television

For the wealthy gadget lover who has everything, or the most eager of early adopters, Sony will release a Canadian exclusive in time for Christmas: a new astronomically priced TV that represents the first step into a new ultra high-resolution format.

It's called 4K TV, a technology that promises four times the resolution of the HD picture consumers are now used to watching. For the price of a down payment on a condo, consumers can pick up Sony's top-of-the-line 84-inch 4K LCD TV. That's $25,000 — plus tax, of course.

Much like when plasma TVs were first released and were mostly sold to businesses or the very wealthy, Sony isn't expecting a huge rush on its new model, admits spokesman Michael Neujahr.

THE CANADIAN PRESS

Quoted

"There's not going to be an awful lot of consumers buying this TV."

Sony spokesman Michael Neujahr

Top talent. Two-thirds of firms have trouble drawing skilled employees: Survey

A new report suggests Canadian firms are having trouble attracting skilled employees, and it may be because they are not attuned to what top talent wants.

Towers Watson says nearly two-thirds of the Canadian companies participating in an international survey said they had trouble attracting and retaining skilled and high potential employees. The professional services firm suggested companies are not offering prospective workers what they most desire — a competitive pay base and job security. Instead, employers are stressing challenging work and the organization's reputation.

The survey also found 47 per cent of Canadian respondents indicated their employees are experiencing high levels of stress at work. The international survey of 1,605 companies, which contained a Canadian component, was conducted from April to June and represented a wide range of industries. THE CANADIAN PRESS

AN UNTAPPED MARKET: SONG SEQUELS

HE SAYS...
John Mazerolle
metronews.ca

If you're looking to make it big in the music industry, I've got just the solution.

Hard work? Talent? Originality? Excuse me while I take a drink so I can spit it out in a comedic fashion.

No, my idea will work precisely because it is so lazy and unoriginal: sequels. We need to write song sequels.

Think about it. What industry, like music, has less to do with skill and more to do with giving the mouth-breathers what they want? The movie industry, of course.

And there's no more sure a bet at the movies than a sequel. Of the top-10-grossing movies so far this year, eight were sequels, reboots or adaptations.

If the movie industry can have a huge hit with Ice Age 4, just imagine what the music industry can do with future hits like Mr. Tambourine Man 2: Electric Boogaloo. Here are a few ideas to get you started.

Song ideas 2: Seems to me I've heard this song before ...

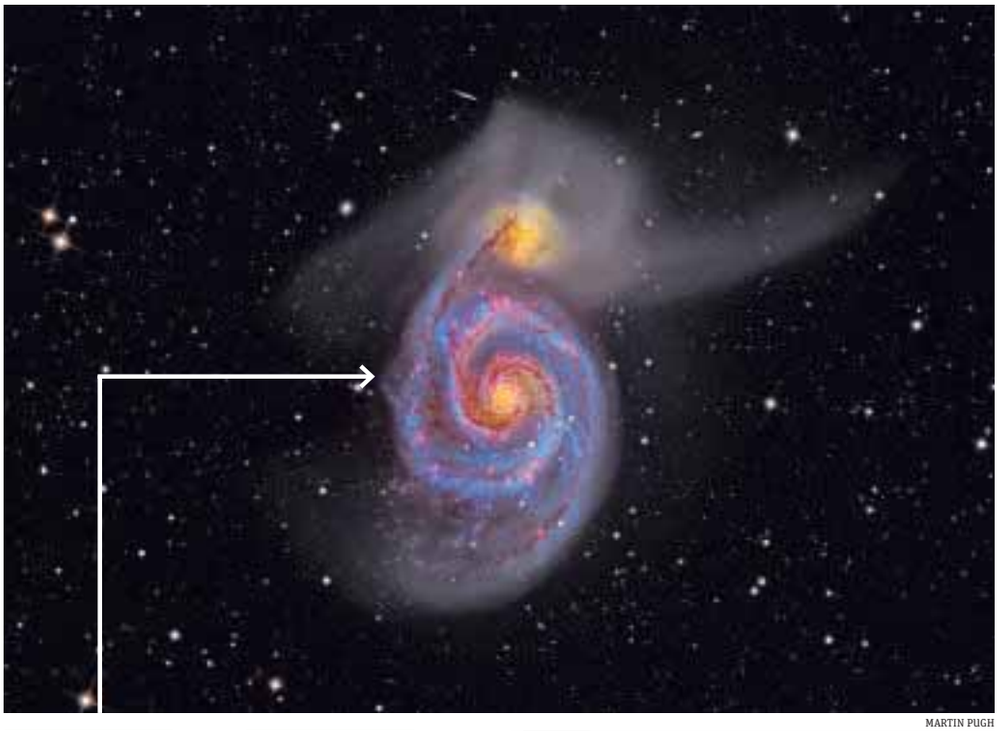
- Call Me Maybe 2: Call Me Maybe-er: In this romantic romp, a mysterious stranger gives Carly Rae Jepsen HIS number. Will she stay with Mr. Ripped Jeans, or run off with the "new guy/who makes me feel so high?" Maybe both!
- In the Year 2526: Man is still alive … but for how long?
- Psycho Killer Episode I: The Phantom Menace: In this much-anticipated prequel, we learn that the psycho killer was once a young whiny teenager who had infinite potential but was portrayed by a terrible actor. The bridge is something about a tax dispute.
- Rock and Roll Part 2, Part 2: Same as Part I, except the "Hey!" is spoken solemnly by Morgan Freeman, for a touch of gravitas.
- The Boxer 2: The Whores on Seventh Avenue: You think you know the full story, but you don't. Listen to the story of a boxer and fighter by trade, from the vantage point of the Pretty Woman who loves him! But will she "lie lie lie" to get him?
- 100 Problems: Jay-Z has no problems with his girl, but he wasn't counting on … a new baby! Feel bad for his daughter.
- Johnny Be Even Better!: Johnny is now a man and the leader of a big old band. But as people come from miles around, the theatre is slated for demolition. Can Johnny play his way out of this one?
- American Pie Crossover: Hot Cross Buns!: Don McLean sings about making love to an apple pie and grabbing the hot buns of Lady Liberty. The lyrics are cryptic, but you know what he's singin' about! (Wink!)
- Escape From The Bridge Over Troubled Water: The emotional tsunami of the original is replaced by a real tsunami. And, in the shocking climax, either Simon or Garfunkel will die (not Simon).

And there you go. If you use any of my ideas, I will be deeply honoured and flattered. Also, I will be suing for $10 million for theft of intellectual property and loss of livelihood.

So get writing!

A strategic career song for Jay-Z: 100 problems, and a baby is one.
GETTY IMAGES

The deep space whirl



MARTIN PUGH

Astrophotography

Stunning star snap taken by amateur

Australia-based Martin Pugh has been named the Royal Observatory's Astronomy Photographer of the Year.

Pugh's image of the Whirlpool Galaxy (also known as M51), which also won the Deep Space category, was taken using a 43-centimetre-diameter PlaneWave telescope at an observatory in California's Sierra Nevada Mountains. METRO

Galaxy in numbers

37,000,000

light years is how far the Whirlpool Galaxy is from Earth. Pugh acquired his winning photo following a total exposure time of 28 hours.

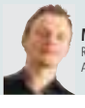
Q & A

Better than Hubble

Marek, you were one of the competition's judges. What's so special about this image?

The technical skill in capturing the detail, the image's beautifully framed composition, and the sense of the infinite universe. The photographer has made the most of exceptionally good atmospheric conditions to capture an astonishing range of detail in his image of this iconic galaxy. The beautiful spiral structure, dark lanes of dust, and the way the pink clouds of hydrogen really stand out. Here, you can see the small companion galaxy being gradually torn apart by the gravity of its giant neighbour. It's a remarkable achievement by an amateur astronomer. In many ways, it's better than an image by the Hubble Telescope.

This image is perhaps not the most eye-catching, but because of the amount of fine detail, it's a winner.



MAREK KUKULA
Royal Observatory Public Astronomer

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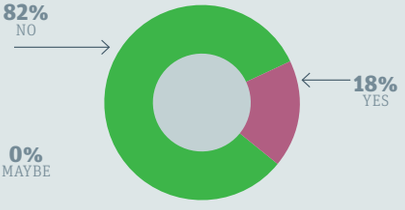

Twitter

@kentonlarsen: Bus driver stuns passengers with stun gun demonstration.

@abraun_: Rainy day? Perfect. Staying in bed all day reading comics. #nerdlife

@shelzolkewich: It sounds like the Loch Ness monster is eating Jello in my basement. #sewerrooter

@kenny5perry: Lord please give me strength to get to through this eek.....#BreakingPoint

@reidov: Nearly got ran over by a woman doing her make up in the rear view mirror. She was hot, so I'm okay with it.

@Shastaxox: @jPizz_x0 I suggest you stay inside today, if the wind is pushing me around you don't stand a chance

metro

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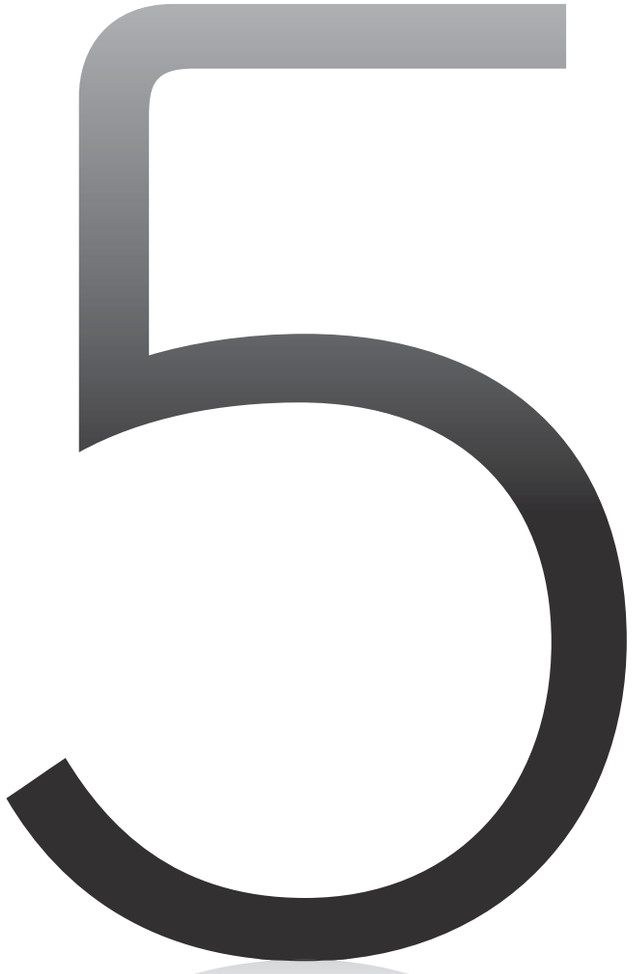

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SCENE 2

On the web

Qriket

R. Kelly makes Soul Train history as most nominated act ever, Usher leads with 5 nods

A Testament to community

Native Blood. Video shoot for new single on property with 'bad mojo' was like a cleansing of the land, says band frontman

BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

Bay Area metal band Testament plays the Burton Cummings Theatre this Tuesday with fellow thrashers Anthrax and Death Angel. SUPPLIED

Native Blood, the second single from Testament's 10th studio album Dark Roots of Earth, was inspired by lead singer Chuck Billy's Pomo heritage.

"The song is basically about how indigenous people are being held back," Billy, 50 says. "They struggle, they want a voice and they want their opinions to be heard and taken seriously."

The Bay Area thrash metal band — formed in 1983 by guitarist Eric Peterson — shot a video for Native Blood on the Hopland Rancheria, a reservation in Northern California. The clip features a native male who is teased as a child by his peers and then as a teen, prevented from dating a white girl by her racist father.

However, as a young man, the proud Pomo Indian rallies his people to prevent the desecration of a sacred site by land developers. "When I first saw the video I almost choked up," Billy says.

"It really captured that emotion, but I knew that already because it was more than just a video when we were shooting it. We did it on the reservation and everyone came out and supported it. We had the tribal council, the tribal police, the fire department, everybody in the community watching the making of the video, with some of them even getting into the video."

Billy says the property the video was shot on — that of his late father's — contained a lot of "bad mojo," including vandalism, fires and even a rape.

"Doing the video was like a cleansing of the property and the land," Billy says. "It's something that brought together community and family. I met cousins I'd never met before. I saw the swimming hole I used to swim in as kid. It was very emotional for me and it has struck nerves in others as well."

Indeed it has. Upon seeing the video, the American Indian Film Festival asked Testament to enter Native Blood, which it did. The festival runs from Nov. 2 to 10 in San Francisco. The B-side of the Native Blood single features Sangre Nativa, a Spanish version of the song.

Details

Testament plays the Burton Cummings Theatre on Tuesday night.

- A thrash metal extravaganza, the show also features Anthrax and fellow Bay Area band Death Angel.
- Tickets are $47.75 and $40.75 at Ticketmaster.
- Showtime is 8 p.m.

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If you don't know him, you should

Q&A. Metro recently sat down to chat with Tiësto, the world-famous DJ who is making waves in electronic dance music

MICHELLE CASTILLO
Metro New York

Tiësto, 43, hails from the Netherlands. GETTY PHOTO ORDERED

Calling Tiësto the world's biggest DJ might be a slight understatement. More than one million people across six continents attended his 15-month 2010 Kaleidoscope World Tour, including the final date in Los Angeles where he performed before an audience of 26,000 fans — the most ever in U.S. history for a single DJ event.

That's not to mention his recent compilations and albums Club Life: Volume One Las Vegas, Kiss From The Past, and Club Life: Volume Two Miami, all which have become hits in the dance music world. We caught up with the Dutch DJ at the Electric Zoo Festival in Randall's Island, New York City, to talk about his upcoming tours, his foray into fashion and why his mom's home cooking is the best.

You're about to go on stage at Electric Zoo. What can people who are coming to your show expect.
I thought about it a lot today. I'm going to play a lot of hard stuff. It's outdoors right before the darkness, so I'm going to play a lot of hard stuff and a couple of focal tracks and a few new tracks of mine.

I understand you're going on a U.S. college tour. Why colleges and why that age group?
First of all, it's a great crowd to play for. They're all fresh and hungry for dance music. I think not many people have seen me at that age. I always get a lot of tweets and requests (about) when am I going to play under-18 shows. I can't do that anywhere. This is the closest I can get where I can reach my younger audience.

You have a Guess fashion collection coming up. Tell me a little bit more about what inspired you.
I always liked Guess, and I met Paul Marciano, and I went to dinner with him. He's a big Tiësto fan, and I was always a big fan of his campaigns. So I was like why don't we do anything together? We started thinking about it, and it spontaneously came together very organically.

Is there going to be a lot of dayglo? Neon colours?
No, for the first part of the collection I tried to keep it very basic because I didn't have much experience yet. I didn't want to go to crazy.

So what are we going to see a lot of?
Very basic colours. A nice black leather jacket. Lots of T-shirts. Very simple, but a lot of detail. The women's collection is more exciting than men's.

Have you always been into fashion?
As I started to become a bigger DJ, I became more into fashion. I couldn't afford it back in the day: I had other things on my mind!

I like it when people dress nice, when you see a girl and a guy put in a little effort, it looks good. I really appreciate that.

You're headlining the Staples Center in October. Why did you want to return to L.A.?
It's been a while since I've been in L.A. Staples Center is such an iconic venue, and I've always wanted to play there. It was available that day so I said let's do it!

You're from the Netherlands. When you are on tour what food do you miss the most?
My mom's food of course! She makes very good chicken. She makes chicken with raisins and rice and a special sauce. No one else can make it. It's really good. It's not really Dutch food I think.

Typical Dutch food is snacks.

Coming from the Netherlands, what have you noticed about people around the world?
I noticed that a lot of people are actually the same around the world, but there's just a communication failure. People misunderstand people's culture, but if you really get to the culture, it's really the same around the world. But, because the way you express yourself is different than you do in Europe, people misunderstand you.

I'm not going to make you pick the country with the best fans, but which country has the craziest fans?
I think Mexico. Mexico has crazy fans. When I play there, they have complete squares with my names on it. Crazy fans!

Are you surprised how global electronic music has become?
I'm surprised and so happy. I came to the U.S. in 2000 for the first time and I never thought it was going to be like this.

I was playing in Vegas only three years ago, and I was like, "I would love to have a residency to play every week here because I love Vegas." But, everything was hip-hop. I told the promoter I worked with then, and he said 'Yeah it would be great if you could do it, but it will never happen.' We were both like it will never happen. And it's here.

The song that put you on the map was the remix of the Pirates of the Caribbean theme song. Are you sick of that song now?
Yeah. I must say. I always look at the future. I don't look very much in the past. Everything I did in the past I don't play much anymore. It's such a different time now, a different sound. I miss those days sometimes, but that was then. It was a different period in my life and now I'm here. I don't play Pirates of the Caribbean; I haven't played it in two years. It would be weird to play it now because it doesn't fit my sound. Maybe if I do a complete old school set?

Quote

"I think people in the EDM world are very free and very liberal, that's why it's so attractive to everybody. In general people are so positive. If you go to an EDM festival, there's never fights, there's no violence. People love each other and support the music, and it's the best crowd there is in any music genre."
Tiësto

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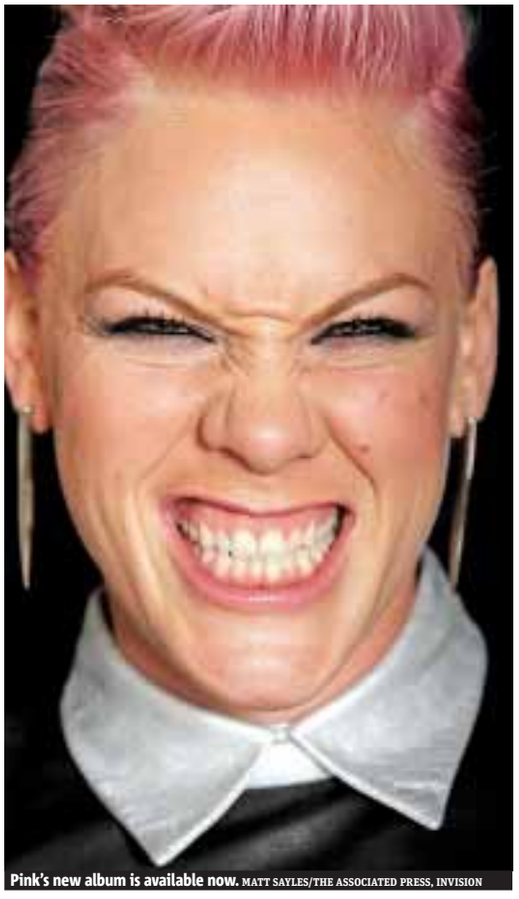


Pink's new album is available now. MATT SAYLES/THE ASSOCIATED PRESS, INVISION

Dancing days: Pink looking at life through rose-coloured glasses

Music. A year after becoming a mother, singer searches for Truth About Love on latest album

For all her songs about fights, broken promises, romantic letdowns and wild nights, Pink is actually in a Zen-mode these days — and all the credit belongs to her one-year-old daughter, Willow.

"I used to be really dark. Now, I wake up and check her pulse and make sure she's not having a temperature. And then we dance. And we dance, and we dance, and we dance," she says. "Then, we go on bike rides. And we dance some more. Everything's a song. It's just a lot more fun. I guess that's how the record reflects where I am right now. I'm just having a lot more fun than I ever have."

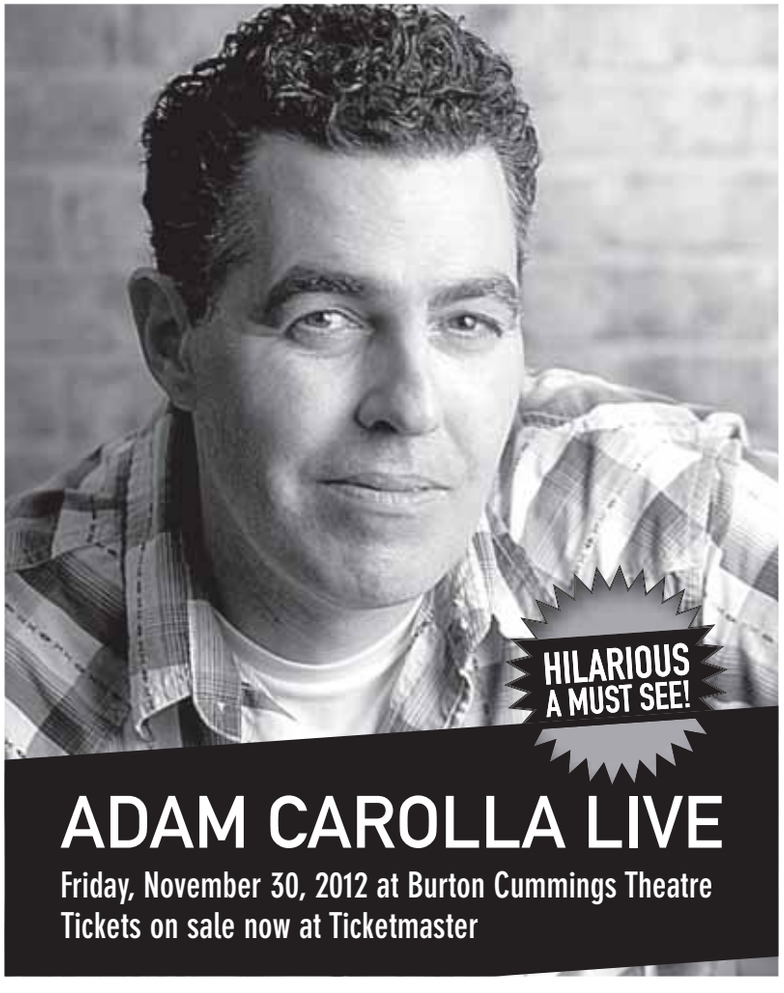
Listening to Pink talk about Willow, it's clear there is a kinder, gentler side to the singer known for her tough demeanour and rebellious nature. But the platinum-selling, platinum-dyed powerhouse singer hasn't exactly gone soft. The Truth About Love, her new album out this week, is filled with breakup and makeup anthems mostly concerning her on-again-off-again-on-again relationship with husband Carey Hart.

"I had a lot left over from my last breakup with my current husband and baby daddy," she says.

The 37-year-old motorcycle racer and 33-year-old singer-songwriter, whose real name is Alecia Moore, married in 2006, separated in 2008 and reconciled in 2009. Exposing the ups and downs of their union through song is familiar territory for the reluctant pop star, who declares, "I miss you, baby/Come home to me," on the song How Come You're Not Here.

The album is the singer's first full-length album since 2008's double platinum Funhouse, though she remained on the charts with new material from a platinum-selling greatest hits package, including the hits Raise Your Glass and (Expletive) Perfect. She calls her new album, which features Eminem, Nate Ruess and Lily Rose Cooper (or Lily Allen), "just kinda all over the place."

"(I was) just having fun. I think that's a new thing for me. I was having a lot more fun than I was having before. I think production-wise it's a lot more interesting," she says. "The musicality, I feel like I raised the bar for myself." THE ASSOCIATED PRESS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Angelina Jolie and Brad Pitt. ALL PHOTOS GETTY IMAGES

Angelina Jolie makes her brother a maid of honour

While the date of Angelina Jolie and Brad Pitt's wedding may still be a mystery, some of the other details are coming together — like who will be by the bride's side through the ceremony.

Jolie has reportedly enlisted her brother, James Haven, to serve as her maid of honour — of sorts — for the big day, according to Heat.

"James was thrilled to accept his little sister's offer. Angie has always related to men better than women," the source says. "As well as growing up with James, she bonded more with the jocks than the cheerleaders."

Paltrow lets her kids only watch cartoons in foreign languages

Gwyneth Paltrow isn't above letting her two children — 8-year-old daughter Apple and 6-year-old son Moses, watch a little TV, but she has some conditions.

"I only let them watch TV in French of Spanish," Paltrow tells InStyle magazine. "When I'm in France, I go to (Boulevard) Beaumarchais and buy all their cartoons."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Shocker: Lohan arrested again

THE WORD
Dorothy Robinson
scene@metronews.ca

Lindsay Lohan was arrested again — I could type that phrase with my eyes closed at this point — in New York City on Monday night.

Lohan was at the wheel when her Porsche pulled up to the Dream Hotel in the Meatpacking District around 12:30 a.m., hitting an unidentified man in the knee.

Reportedly "unaware" of the accident, Lohan and her crew went into the hotel before authorities could arrive.

She was arrested upon leaving about a half-hour later and released without bail since the charge is only a misdemeanor.

The man checked into a nearby hospital, but there were no visible injuries, according to sources.

Per TMZ, Lohan is saying the accident is "really fishy" because the man didn't appear to have any visible injuries and feels she's the victim of a set up.

And surveillance video supports that — it apparently shows her accuser was exaggerating.

Conspiracy or no, this brings up a few questions:

1. Why is Lindsay Lohan driving in New York City?

If I can afford to take a cab, she can afford to take a cab.

2. How much is her car insurance? It must be more than my take-home salary at this point.

3. Who is her current lawyer? He's the hardest working man in show business (besides Kirstie Alley's tailor) and yet no one knows his name.

Twitter

@ElizabethBanks
Catching up with news and my take-away is this: Kate Middleton is even more flawless than previously assumed. #RoyalAbs

@ZooeyDexchanel
I just want to wear sweaters and coats but the universe isn't playing along.

@EllenPage
Dear America, I've a very important question. Why are chickpeas called garbanzo beans here? Thanks

@SarahKSilverman
A bull in pretty much any shop is gonna be a mess

Sofia Vergara

"Do you know who I am?" Apparently not, Sofia

Sofia Vergara didn't have as nice of a night out in Hollywood recently as she'd been expecting. The Modern Family star hit the Parlor to meet up with a group of friends but was denied access as the bar was at capacity, according to Hollyscoop.

According to onlookers, Vergara blew up at the bouncer, shouting, "Do you know who I am?"

A friend who was already inside came out to see what was going on and joined in yelling at the bouncer before Vergara stormed off. She later took a moment to blast the venue on Twitter, posting that it is the "worst sports bar in LA!"

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London calling!

From neutrals to bold colours, from the masculine to the feminine, from the '50s to the future and back again: London Fashion Week's lady is one of contrasts and undeniable cool.

RICHARD PECKETT
life@metronews.ca

Vivienne Westwood

Vivienne Westwood's show consisted of '50s-inspired lady-like pieces: cocktail dresses, jacquard skirt-suits, fitted frocks and flared skirts, headscarves and twin-sets with painted faces in yellow, green, pink and blue make-up. Seemingly pared-down for Westwood but then there was a live performance by Rooster with singer Sara Stockbridge to ramp up the anti-establishment punk vibe.

Paul Smith

Of course, Paul Smith, best known for his classic tailoring, couldn't go so far as to omit his signature pieces from his latest outing — but he did introduce a few fresh ideas. Color-blocking ran through the collection from airy, pleated skirts slit high to mid-thigh, billowing-dresses and shirts, to pajama-esque pants. New ideas aside, it was the high-waisted, mannish-style cropped trousers that proved to be the biggest success, while the striped stirrup pants and tightly cut jackets read a touch awkward.

Issa

Designer Daniella Helayel was obviously feeling hot, hot, hot on the run-up to her latest outing. Vibrant, popping colours (hot pink, orange, reds and yellows) welcomed the dawn of a '70s tropical Garden of Eden, complete with orchid-styled hairdos. Billowing caftans, tiered full-length smocks, kimonos and maxi cuts all made their way down the runway. That said, it was the halterneck jumpsuits that were the racier and more daring standouts in this collection.

Sass & Bide

Sass & Bide's Sarah-Jane Clarke and Heidi Middleton toyed with the idea of masculinity and femininity. That trope surfaced as white and black, silk versus embellishment and the reinterpretation of the tuxedo. Dresses came with structured origami pleats, sometimes edged with embellishment or featuring the camellia flower — a symbol of perfection. There were shots of hot colour too, with the introduction of fluoro orange shells and silver paillettes,

Nicole Farhi

Nicole Farhi bid farewell (kind of) to her label with a perfectly sculpted and cerebral collection. Next season sees the inception of Joanna Sykes at the creative helm, although Farhi will still be involved with the label in some capacity. The 66-year-old was inspired by the way in Carrara, Italy, changing light levels cast shadows across the marble mountains there. Her passion for artisan sculpture, fabrics and silhouettes was clear from the complex pleats that represented the shadows on her neutral colour collection.

Little ones in leather

Baby bomber. Rudsak Kids collection set to be made available in stores and online by the end of September

After years of crafting apparel and accessories for adults, Rudsak is targeting the younger crowd with the launch of its latest line.

The homegrown leather goods brand is creating smaller-sized versions of its Canadian outerwear collection specifically for children.

The kids' jackets will feature similar style elements to the label's fall-winter line for adults, a range first unveiled on the runway earlier this year.

The children's collection will launch three styles: two named Lola and Lili designed for girls, with a third, Lulu, which will be unisex.

Styles set to be featured include oversized fur-trimmed hoods, a down-filled pongee coat, a puffer jacket with lamb leather sleeves and a bomber-style puffer jacket with leather sleeves retailing for $295.

Rudsak founder and creative leader Evik Asatoorian said the kids' line was the "next obvious step" for the brand, which launched in 1994, and he pointed to his own two boys as inspiration.

THE CANADIAN PRESS

Click your way to cool

Canadian label Moon launches e-commerce site

Canadian fashion label Moon has made a fresh landing online.

After a two-year exclusive collaboration with the Bay, the affordable homegrown brand has dedicated virtual boutique to showcase and sell apparel and accessories. The e-commerce site moonapparel.ca opened for business Sept. 15.

Moon's fall-winter collection for women features a colour palette of warm seasonal jewel tones against a backdrop of neutrals, colour blocking fashion and textured knits, while the holiday offerings aim to channel influence from '20s and '30s-era fashions.

The label has ties to Canadian fashion legend Alfred Sung.

Moon was the name of the Toronto boutique opened in the 1970s by the designer, and is also part of Sung's name.

Sung is a business partner and chief designer at Mimran Group Inc.

THE CANADIAN PRESS

On the web

Qriket

Kate Moss, Lana Del Rey at British brand Mulberry's '70s-inspired fashion show

It's starting to smell like fall

Fragrances. These days there are endless ways to add a special scent to your home

When the lazy days of summer give way to hectic fall schedules, there is nothing like dashing in from the cold and being enveloped by a home filled with delicious smells.

Home fragrance products have exploded into a $5 billion industry, with candles, diffusers, room sprays and oils offered everyplace from drug stores to high-end retailers. There are many use-what-you-have, do-it-yourself options as well.

The idea is to create an inviting, comforting and calming environment, whether you're having 20 people for a sit-down dinner or simply hanging out on the couch for the evening.

"This is a time when people are spending more time at home, and they want that cosy, holiday, warm feeling, and maybe you want that even when you're not entertaining — you want it on a Tuesday night when you're watching TV," said Jessica Romm, lifestyles editor at Martha Stewart Living.

"Fragrance is a really nice way to do that."

Once comprised mostly of candles and potpourri, the home fragrance market took off in the mid to late 1990s, and retail sales in the United States hit a high of $5.3 billion in 2011, according to Karen Doskow, industry manager for consumer products at Kline and Co., a market research company in Parsippany, N.J. Sales last year were up four per cent over 2010, she said.

Today's offerings include candles, room sprays, reed and plug-in diffusers, wax melts, essential oils, and old standards like drawer liners and sachets. Many products now offer a more sophisticated scent and they're more decorative as well, Doskow says.

Just as there are scores of scents to choose from (Yankee Candle has about 200 candle fragrances), the prices vary greatly. "It can range from a Renuzit adjustable (air freshener) for 99 cents up to a Jo Malone scented candle that's in excess of $100," Doskow adds.

In fact, Jo Malone's luxury candle offers 230 hours of burn time and sells for $425, while a large Yankee Candle that offers up to 150 hours of scent costs $27.99. Crabtree & Evelyn has scented sprays for $19, while French perfumer Frederic Malle's "perfume gun" spray sells for $145.

Whatever your budget, try to capture the natural smells of the season in a simple and minimal way, Romm says. She mentions masculine scents like wood and leather, and the smells of seasonal fruits and vegetables, such as pumpkin, apple, pear and squash.

"You'd think about meals that you're cooking or things you would have around — fruits of the season or spices you might use," Romm said. "Our philosophy in terms of home fragrance is to not battle or compete with what you would naturally have in your home during the fall."

As winter arrives, a fresh Christmas tree is great, Romm says, but without one, you can introduce the smell of pine, or eucalyptus, and spices like clove and cinnamon.

A good way to carry fragrance through your home is to use multiple products at once, says Hope Margala Klein, executive vice-president for brand, design and innovation at Yankee Candle.

"We recommend a layered approach, with the candle being the focus," she said.

About an hour before guests arrive, a host might light a candle — or a no-flame alternative if kids or pets are an issue — in each of the major entertaining spaces, such as the kitchen, dining room and great room, and accent those with diffusers. "By the time guests get here, the house smells amazing," Klein says.

Don't forget to add a glow to the bathroom, where you may also want to display a can of room spray for a concentrated burst of fragrance if needed, she recommends.

The amount of scent you should use depends on the size of your home.

"People who have enormous rooms would probably need more," Klein said. "Or if you're living in a small apartment in New York City, you could probably do one candle for the whole place. You don't want it to overpower folks."

One scent can be used throughout the home for an intense smell, or you can combine scents. "People will create their own recipes for what they think is great," Klein said.

Romm is partial to DIY home fragrance, like setting a pot of apple cider with cinnamon or cloves to simmer on the stove, displaying a pretty bowl of cinnamon sticks, or drying sliced apples on parchment paper in the oven on low heat.

"You can serve it just as guests are arriving so that smell fills your home," she said. THE ASSOCIATED PRESS

1

Yankee Candle Signature Reed Diffuser in Spiced Pumpkin

2

Jo Malone London Luxury Candle in Pomegranate Noir

3

Yankee Candle Home Fragrance Oil in Macintosh

4

Glade's Seasonals Fall Plugins Scented Oil 2 CT Refill Maple Pumpkin Twin pack 1.34 oz.

5

Glade's Fall Collection Blackberry Jam Candle

6

Glade's Seasonals Fall 9.7 oz. Premium Room Spray scented with Maple Pumpkin

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Lighting: A decorator's best friend

Design Centre. It's time to warm up to the new LED light bulbs

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Every great decorator will tell you that lighting is one of the most important elements to having a beautiful room.

Without a true soft light, the finest furnishings and fabrics can look all wrong.

The past few years have been difficult for decorating enthusiasts as more and more provinces are regulating to phase out the soft light from the old incandescent bulbs.

British Columbia and Nova Scotia are two provinces leading the way to phase them out and introduce more efficient options. As time goes on, more and more regulations will be put in place to introduce a more efficient, safer bulb to use.

I've always been reluctant to use the new style of LED lighting when decorating as I thought the light would be too harsh, bright and cool in colour.

New advancements are creating bulbs that are not only efficient, but that create a soft light; similar to what we've always been used to.

The Philips Ambient LED Bulbs offer up a soft white light similar to the light you get with the old incandescent bulbs, last more than 20 times longer and use only about 20 per cent of the energy of a regular incandescent bulb.

The new LED bulbs fit the regular socket styles for fixtures and the good news is that it can be dimmed; allowing homeowners to use their existing light fixtures, create a designer look and ambience in a room.

When I heard of this new technology I quickly went out and purchased some of the bulbs.

They were not an inexpensive investment (the new bulbs range from $18-38 each) but considering the energy they will save over time and the fact that I won't have to get back on the ladder to change the bulb for another 20 years made me a very happy decorator.

LED bulbs facts

- LED bulbs can save more than 80 per cent energy.
- An LED bulb lasts over 20 years, outlasting about 20 of the old style bulbs.
- The Philips Ambient LED Bulbs can be dimmed to create many ambient looks in a room.
- You don't need to change your regular socket-style light fixtures to accommodate the new LED bulbs.

New advancements are creating light bulbs that are not only efficient, but that create a soft light — perfect when decorating a room. ISTOCK IMAGES

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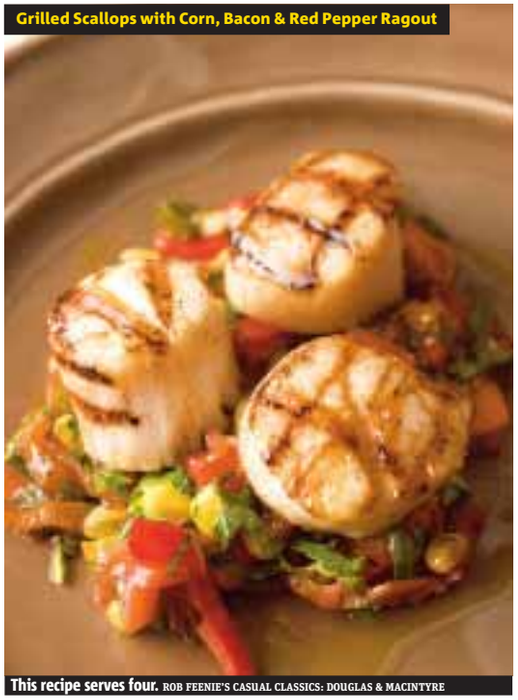
Hot, salty ragout complements flavours of scallops, other seafood

Grilled Scallops with Corn, Bacon & Red Pepper Ragout



This recipe serves four. ROB FEENIE'S CASUAL CLASSICS: DOUGLAS & MACINTYRE

Rob Feenie first wowed diners with his innovative tasting menus at the inventive Lumiere restaurant in Vancouver. Today, he creates delicious family-style recipes for Cactus Club restaurants with thousands of people of all ages enjoying his signature dishes.

But before he became Canada's first Iron Chef America champion, Feenie paid his culinary dues with stints at Alsace with Chef Emile Jung at Au Crocodile and Antoine Westermann at Buerehiesel, both Michelin three-star-rated restaurants, in Chicago with Charlie Trotter and in New York with Daniel Boulud and Jean-Georges Vongerichten.

Among the recipes in the chef's book Rob Feenie's Casuals Classics is this scallop dish.

"This dish makes an excellent starter for a meal or a nice lunch when served with a simple green salad," Feenie writes in the book. "I use Qualicum Bay scallops and peaches-and-cream corn, both of which are local products, but you can substitute other varieties of either.

"The hot and salty ragout is an especially good combination with scallops, but it's also delicious with baked halibut or grilled steelhead salmon."

Ingredients

- 1 tbsp soy sauce
- 1 tbsp rice vinegar
- 1 tbsp fresh lemon juice
- 2 slices smoked bacon, in 1/4-inch dice
- 1/2 cup diced red onions
- 1 cup corn kernels, cut off the cob
- 1/2 red bell pepper, in 1/4 inch dice (about 1/2 cup)
- 1 Thai chili, seeded and finely minced
- Juice of 1 lime (about 1 tbsp)
- 1 tbsp unsalted butter
- 12 large scallops (muscles removed from sides if present)
- 1 tsp extra-virgin olive oil
- 1 tbsp finely chopped cilantro

1. In a small bowl, combine soy sauce, rice vinegar and lemon juice. Set aside.

2. Heat a large frying pan on medium. Add the bacon and cook for 2 to 3 minutes, stirring, until crisp. Stir in onions, corn, bell peppers and chili and sauté for 2 minutes, then add lime juice and butter.

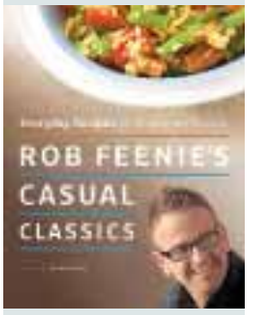
3. Season with salt and pepper, reduce the heat to low and simmer while scallops are cooking. (Or refrigerate the ragout in an airtight container for up to two days.)

4. Preheat a stovetop grill or a barbecue to medium-high. Warm a plate in the oven at 200 F. Pat scallops dry with paper towels and season with salt, pepper and a dash of olive oil. Grill scallops for 2 minutes, turn over and grill for another 1 minute. Transfer to the warm plate.

5. Divide the ragout evenly among 4 plates and top each serving with 3 scallops. Spoon about 2 tsp of the soy dressing over each plate and garnish with cilantro. Serve. **FROM ROB FEENIE'S CASUAL CLASSICS BY ROB FEENIE (DOUGLAS & MACINTYRE)**

Cookbook of the Week

Simple yet special



Rob Feenie, the longtime leader in the casual fine dining movement, reveals his favourite recipes in Rob Feenie's Casual Classics: Everyday Recipes For Family and Friends.

The book brings together the best innovative and approachable meals.

From such fundamental recipes as Roasted Tomato Sauce and Juicy Poached Chicken to globally inspired dishes like Barbecued Duck Spring Rolls, Quinoa Jambalaya and Braised Osso Buco, these are real-life modern classics that are adaptable to budgets, dietary restrictions and busy schedules. **METRO**

Quinoa, Green Bean & Tomato Salad packs protein punch

"One of my favorite grains right now is quinoa," writes Rob Feenie in Rob Feenie's Casual Classics. "It is one of the most complete proteins on the planet and can work well on its own, in a salad or with other proteins.

"The key is to give it flavour, which we have done here with the lemon juice, capers, bell peppers and tomatoes.

"Thoroughly washing the quinoa before cooking it eliminates any bitterness. Use white or red quinoa or a mix of both."

1. Combine quinoa and the 1 1/2 cups water in a medium pot and bring to a simmer on medium heat. Reduce the heat to low, cover and cook until all the liquid is absorbed, 15 to 20 minutes. Set aside.

2. Fill a large bowl with ice water. Bring a large pot of salted water to a boil on high heat, add green beans and cook for 4 to 5 minutes, until barely tender. Remove from the heat and drain green beans in a colander. Place the colander in the ice water to preserve the beans' bright green colour and stop them from cooking further.

3. Using a sharp knife, cut tomatoes in half and gently squeeze out and discard the seeds. (It is not necessary to remove the skins for this recipe.) Cut tomatoes in 1/2-inch dice.

4. In a large bowl, combine quinoa, green beans, tomatoes, bell peppers, capers, green onions and basil. Season with salt, olive oil and lemon juice, and sprinkle with pecans. Keep refrigerated in an airtight container for up to 2 days.

FROM ROB FEENIE'S CASUAL CLASSICS BY ROB FEENIE (DOUGLAS & MACINTYRE)

Ingredients

- 1 cup quinoa, washed well and drained
- 1 1/2 cups water
- 3/4 lb fresh green beans, in 1-inch pieces
- 1/2 lb very ripe Roma tomatoes (3 to 4)
- 2 tbsp capers, rinsed
- 4 green onions, in 1/2-inch slices
- 1/2 cup roughly chopped fresh basil
- 3/4 tsp salt
- 2 tbsp extra-virgin olive oil
- 2 tbsp fresh lemon juice
- 3 tbsp roasted pecans

This recipe serves four to six. ROB FEENIE'S CASUAL CLASSICS: DOUGLAS & MACINTYRE

For those cool days. Easy Cream of Chicken Soup

"This soup makes me think of my early cooking days, around age 18, when I was apprenticing and had to make this dish for an exam," writes Rob Feenie in Rob Feenie's Casual Classics. "It also reminds me of a soup my mom made with turkey around Christmastime.

"This easy soup has now become a staple in my own family; we make it from the basic poached chicken recipe (page 108 of Rob Feenie's Casual Classics for this recipe) on cool, rainy days when we need some soul-comforting food."

Garlic Croutons

1. Preheat oven to 325 F. Place bread cubes in a medium bowl.

2. In pot, heat olive oil on medium-low, add garlic and stir constantly, for 1 to 2 minutes.

3. Pour garlic oil over bread, toss lightly and mix in Parmesan. Add black pepper and salt. Arrange bread cubes on a baking sheet and bake for 10 minutes, or until golden brown. Remove from oven; set aside.

Chicken Soup

1. In bowl, combine butter and flour to form a smooth paste. Set aside.

2. In a large pot, bring chicken stock to a boil on medium-high heat. Reduce the heat to a simmer and stir in whipping cream (or milk). Whisk in the butter-flour mixture, then cook, stirring often, for at least 10 minutes, until flour is cooked and soup has thickened slightly. Add chicken and heat through. Season with salt to taste.

3. Ladle soup into bowls, top with croutons and sprinkle with Cheddar, and serve. Refrigerate leftover soup in an airtight container for up to 3 days or freeze it for up to 1 month.

FROM ROB FEENIE'S CASUAL CLASSICS BY ROB FEENIE (DOUGLAS & MACINTYRE)

Ingredients

Garlic Croutons

- 1/2 baguette, in 3/4 inch cubes
- 1 tbsp extra-virgin olive oil
- 1 tsp chopped garlic
- 1/3 cup freshly grated Parmesan cheese
- 1/2 tsp cracked black pepper
- Pinch of Maldon salt

Chicken Soup

- 2 tbsp butter, softened
- 2 tbsp all-purpose- flour
- 8 cups chicken stock
- 1 cup whipping cream or whole milk
- 1 1/2 cups shredded poached chicken (page 108 of Rob Feenie's Casual Classics for recipe)
- 1/2 cup grated aged white Cheddar cheese

HERZING COLLEGE COMMITTED TO STUDENTS' SUCCESS

There are those who say education is an investment that lasts a lifetime. At Winnipeg's Herzing College, it's not just the investment that will continue over time, but the relationship itself. A Herzing student is a Herzing student for life.

It's a relationship that Herzing graduates can rekindle whenever they want — at no additional cost.

"One of our alumni benefits is that you can come back at any time and take any other courses at no cost," explained Bill Riches, president of Herzing College, Winnipeg. "It doesn't matter if it's six months, five years, or more. It's great for employees and employers."

This offer has served to be an attractive ancillary benefit to employers hiring Herzing graduates. "It's like a quality assurance guarantee," Riches said. "If an employer hires a graduate and feels that that graduate is not perfect in that task, they can come back and take the course at no cost."

Herzing College is committed to its students' success. They take measures to ensure prospective students are on solid footing before they even take their first steps along their educational path.

"As we have people come to us who haven't been in school and haven't written an exam for a number of years, we administer an entrance test," Riches explained, adding that if the student does poorly, Herzing will offer support to help get them up to speed — at no cost to the student.

"It's not fair to put someone in a course where they probably won't succeed," he said. "If they don't do well on the test, we help them develop the skills they need to succeed. Once the student is comfortable with the level of upgrading, they can take the entrance test again.

"We don't want a student to come to Herzing and leave part-way through a program. We do everything in our power, including hiring a tutor [which is also offered to the student at no additional cost], to help them succeed."

Herzing is committed to helping students maximize their opportunities. Top-performing students are hired as tutors, enabling them to have valuable work experience on their resumes. And the school offers a variety of job-placement services that can continue on long after graduation.

"We will work with the student until they're hired," he explained. "We also set up the internship.

We also have a number of graduates who after a number of years want a change. "True, it's a minority of students who come back after a few years and say, 'I need help,' but the option is there for them."

Many post-secondary institutions only interact with their alumni when it comes time to soliciting donations; at Herzing the opportunity is there to continue the relationship in a way that fosters continual growth and learning.

"We do it because it's the right thing to do," he said. "We want students to come to Herzing - it's a very positive environment. We want them to enjoy being here."

"A student five years from now is not going to remember that 'it was a great class in X.' What they do remember is that they had a great experience at Herzing."

–Jason Menard

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SPORTS 4

The Winnipeg Jets' Andrew Ladd, left, and the New York Islanders' Travis Hamonic battle for the puck during an informal practice Wednesday in Winnipeg. JOHN WOODS/THE CANADIAN PRESS

Effects of NHL lockout are already being felt

NHL. More players leave for Europe and league announces salary cuts for staff

The NHL lockout is only a few days old but its effects are already being felt around the league.

With a number of big-name players heading for Europe, NHL employees were informed Wednesday that their salaries are scheduled to be cut 20 per cent across the board. That will come into effect on Oct. 1, when full-time staff are reduced to a four-day work week.

The news was delivered by commissioner Gary Bettman during a Wednesday morning staff meeting, according to league spokesman Gary Meagher.

The NHL also announced the cancellation of pre-season games through Sept. 30, as well as the postponement of the Kraft Hockeyville pre-season game scheduled for Oct. 3 in Belleville, Ont., to the 2013-14 season.

Unlike in September 2004, when more than 50 per cent of NHL employees were laid off just days into the lockout, the league is trying to avoid cutting staff. Deputy commissioner Bill Daly told The Canadian Press over the weekend that there were no immediate plans for layoffs, although multiple sources who attended Wednesday's meeting said employees were warned that further cuts could be coming.

A number of teams, including the Ottawa Senators and Florida Panthers, announced layoffs earlier this week.

As the lockout moved into its fourth day, there were still no formal bargaining sessions scheduled between the league and NHLPA. The sides last sat down together on Sept. 12. THE CANADIAN PRESS

Quoted

"It doesn't look positive. It could be a season-long break."

Rick Nash, to newspaper Sudostschweiz upon arrival in Switzerland to play with HC Davos. The New York Rangers star said he believes the lockout could last the entire season — just as it did in 2004-05.

Heading east

On Wednesday, Jason Spezza signed a deal with Rapperswil-Jona in Switzerland, Anze Kopitar agreed to join brother Gasper with Mora in Sweden and Russian stars Alex Ovechkin (Moscow Dynamo) and Pavel Datsyuk (CSKA Moscow) returned home to play in the KHL.

NFL

Twitter threats not getting to Morgan

Washington Redskins receiver Joshua Morgan felt the full downside of the social media age this week, receiving death threats and other venomous messages on Twitter because of his fourth-quarter blunder in a loss to the St. Louis Rams.

"I heard everything, especially when they get you on Twitter and are sending you death threats and wishing you bad things and your firstborn," Morgan said. "You never let it get to you, especially with me being from D.C."

Morgan received a penalty for throwing the ball at Cortland Finnegan, costing the Redskins field position during the team's final drive in Sunday's 31-28 loss. THE ASSOCIATED PRESS

NFL

Manning returns to practice after 1st loss with Broncos

If Peyton Manning is sore, he's not saying. If his confidence is waning, he'd be the last to let anyone know.

Back practising following his first loss as a Denver Bronco, Manning wouldn't offer much Wednesday when asked if the hits he took against Atlanta had any lasting impact.

"I've never really answered that question before. So, I'm full participation in practice," Manning said. THE ASSOCIATED PRESS

Broncos quarterback Peyton Manning THE ASSOCIATED PRESS FILE

Sweet day for Vizquel at Yankee Stadium

Omar Vizquel hits a double against the Yankees in New York Wednesday to move ahead of Babe Ruth on the all-time hits list. THE ASSOCIATED PRESS

There was a chocolate bar sitting on the top shelf of Omar Vizquel's locker just after the Jays' 4-2 loss at Yankee Stadium Wednesday afternoon.

Not just any chocolate bar; it was a Baby Ruth.

Vizquel, and the growing number of reporters descending on his locker, knew the connection immediately. Vizquel had just tied, and surpassed, Babe Ruth on baseball's all time hits list.

"Somebody put it there, I don't know who," a beaming Vizquel said as he drove out two hits to reach 2,874 in his career, and pass the Babe into sole possession of 41st all time.

Vizquel's amazing feat brought some levity to the Jays locker-room, and franchise for that matter, after the Yunel Escobar suspension Tuesday.

Escobar was suspended three games for a homophobic slur he wrote on his eye-black stickers over the weekend.

The Jays lost the first game of a double-header, not able to manage enough run support for a very good Henderson Alvarez, so a dose of good news was welcome to say the least.

Vizquel, at 45, and with a career that spans three decades in the major leagues, slapped a single off Andy Pettitte in the fourth to tie Ruth, then went past him with a double off David Robertson in the eighth.

"Mentioning my name next to his (Ruth) makes me feel so little. Never in my career, and it's been a long one, did I think I'd get to compare my hits to the Babe, it's an amazing feeling," said Vizquel.

Vizquel had his second multihit game in a row and 10th of the season, good for second best in big league history for a player 45 or older behind Julio Franco, who has 53 such games, according to information provided by the Elias Sports Bureau. TORSTAR NEWS SERVICE/THE ASSOCIATED PRESS

Second game

Ichiro Suzuki had a go-ahead single in the eighth inning, his seventh hit of the day, to help the New York Yankees complete the doubleheader sweep of the Toronto Blue Jays with a 2-1 win Wednesday night that ensured the Yankees remained atop the AL East. THE ASSOCIATED PRESS

Mobile sports

Cricket

The road to the 2013 World Baseball Classic starts this week and it will be anything but easy for Canada. A 16-team qualifying round for the event begins with the top squad from each four-team pool locking up a spot in next year's Classic.

Horoscopes

♈ Aries
March 21 - April 20
The Sun's entry into your opposite sign of Libra on Saturday will bring partnership problems to the forefront and this time you must not run away from them. Power struggles are likely but you were born a winner — so win.

♉ Taurus
April 21 - May 21
Travel plans and social activities will be disrupted over the next 24 hours, and most likely it is you who will be doing the disrupting. It's OK to have second thoughts. It's OK to change your mind.

♊ Gemini
May 22 - June 21
One of the best times of the year begins this weekend when the Sun moves into the area of your chart that governs romance and creativity. Today, do only what feels right to you. It's OK to be selfish.

♋ Cancer
June 22 - July 23
There is a danger today that you will come on too strong and provoke some kind of backlash. Maybe that is the price you have to pay for being honest about what you believe. The truth must not be denied.

♌ Leo
July 24 - Aug. 23
If you are wasting your money on things you don't need, there is still time to cut them out of your life, but you have got to be quick. Very soon, the matter will be taken out of your hands. Act now.

♍ Virgo
Aug. 24 - Sept. 23
Although the Sun leaves your sign this weekend, that's not an invitation to slow down. Other influences indicate that your momentum will keep you going at breakneck speed for some time to come. Enjoy.

♎ Libra
Sept. 24 - Oct. 23
The Sun is moving closer to your birth sign and already you can feel the positive effects. For best results though you should focus your aim and concentrate on those two or three things that mean the most to you.

♏ Scorpio
Oct. 24 - Nov. 22
Today's cosmic picture warns in no uncertain terms that if you lose your temper, for even a moment, it will be you who loses out in the long-term. Take nothing too seriously and find ways to relax.

♐ Sagittarius
Nov. 23 - Dec. 21
One of the best times of the year for friendships begins very soon, so strive to be open to everyone you meet. This is also a good time to get more personally involved in some kind of social movement.

♑ Capricorn
Dec. 22 - Jan. 20
You have accomplished a lot and have a right to feel pleased with yourself but don't take it easy because there is still more to be done. You were born to be a winner, so get out there and compete.

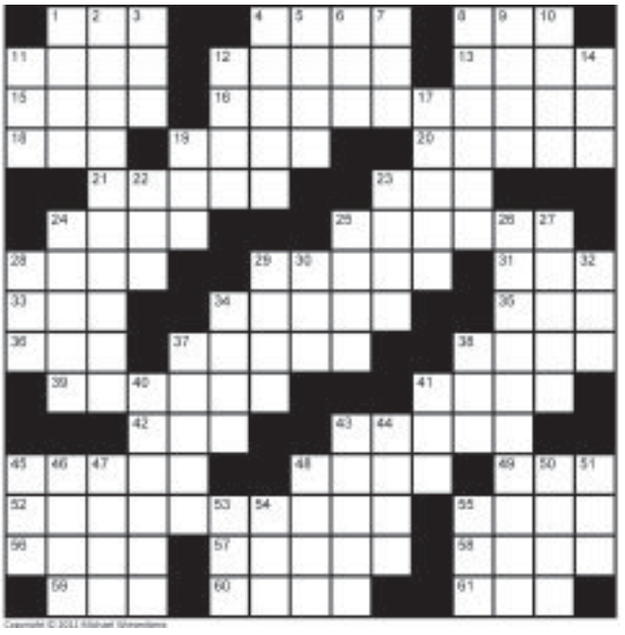
♒ Aquarius
Jan. 21 - Feb. 19
You may be tempted to do something out of the ordinary today but if you are smart, you will wait for the Sun to move in your favour during the weekend. Good times are coming sooner than you think.

♓ Pisces
Feb. 20 - March 20
What seems so confusing now will seem simple a few days. However, today's influences will bring out your passion for something, or someone, to a degree that could cause problems, so think before you act.

SALLY BROMPTON

Crossword: A Cold Measure and a Hot Band

BY MICHAEL WIESENBERG



Across
1. Island: Fr.
4. Certain hockey shot
8. Affectionate touch
11. Campus Greek house, briefly
12. Circle, square, or triangle, e.g.
13. "Are you ___ out?": query to a hesitant poker player (2 wds.)
15. Acorn-dropping trees
16. Snowfall measure
18. "This is dedicated to the ___ I love"
19. Commanded, old-style
20. Sandwich cookies
21. They play their home games at BC Place Stadium in downtown Vancouver
23. Cowardly person
24. Fly by oneself
25. Surprisingly [or not more (than)] (2 wds.)
28. Greek crosses
29. Elliott of *Ocean's 11, 12, 13*
31. Bill's "excellent adventure" partner
33. "___ Could Turn Back Time": 1989 Cher hit (2 wds.)
34. 1,000 kg
35. Small battery
36. "___ amis": start of a French speech
37. Dummies or spinning toys
38. TV award
39. Saskatchewan capital
41. Salesmen, for short
42. Bruce of karate fame
43. ___ Leaf
45. Sales talk
48. ___ Pilot: PDA
49. Father
52. Montréal-based 2011 Juno Album of the Year winning group (2 wds)
55. Cold cut cutting locale
56. MTV viewer
57. Where to bowl
58. One of the Great Lakes
59. '01, '02, etc.: abbr.
60. "Beware the ___ of March": Julius Caesar
61. Winter time in Manitoba: initialism

Down
1. Persia, now
2. Banff National Park's best known tourist destination (2 wds.)
3. Some Spielberg visitors
4. Moults
5. Reporter Lois of the *Daily Planet*
6. Likely
7. Maritime Province: initialism
8. PM Trudeau
9. Early poker pot maker
10. Matador's opponent
11. Egg ___ young
12. Photocopy
14. Legal matter
17. Back-of-the-fridge problem
19. Ghostly greeting
22. They: Fr.
23. "Merry old" king of rhyme
24. Toronto-born *60 Minutes* regular Morley
25. *Sister Act* extras
26. Calgary team
27. Britches stitches
28. ___ Horton's
29. "The Naked Maja" painter
30. Yoko ___ Lennon
32. 24 hours
34. Vocal sound
37. Give up
38. Serpentine seafood
40. Gathers bit by bit
41. Engine speed
43. Female horses
44. Bar servings
45. Posed
46. Carnivore's quarry
47. "Happy birthday" writer or NHL player at times
48. Scent for a car freshener
50. Got off
51. Expire
53. He's coming in a Three Dog Night song
54. Pet rocks, once
55. Xmas mo.

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

1			2		8			
8	2						7	4
	5			1		2		
	3		4	8				6
		4				3		
5				3	9		2	
		3		9			4	
9	6						1	7
			1		7			9

Yesterday's Sudoku

Weather

TODAY	FRIDAY	SATURDAY
MAX: 13° MIN: 6°	MAX: 7° MIN: -2°	MAX: 12° MIN: 5°

BT BREAKFAST TELEVISION

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